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Story on page 3

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See Page 7

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Tributes paid after rider dies on gallops

NATALIE ROBINSON

A RIDER suffered a fatal heart attack on Newmarket Gallops on Friday morning.

Jason Wellings, 42, originally from Doncaster, fell from his horse at Long Hill, at about 7am.

The ambulance service, the air ambulance and the Suffolk Accident Rescue Service all attended the incident but were unable to revive him.

Mr Wellings worked for trainer James Fanshawe, at Pegasus Stables in Snailwell Road.

His brother Mark Wellings told the *News*: "Jason lived for racing in Newmarket and absolutely loved it.

"He moved to Dubai for 10 years but he came back to the town. Racing staff can leave Newmarket but Newmarket never leaves them.

"Jason started at the Northern School of Racing when he was 15 – he just lived and breathed racing."

Mark said his brother had died "doing what he loved".

He added: "He had gone around twice already and that was the last time to go out on the gallops and everything was normal. He was laughing and joking and taking the mickey as he normally does.

"He was right up at the top of the gallops when it happened but he didn't know anything about it. He died doing what he loved."

TOP MAN: Jason Wellings, pictured left, died from a heart attack on the gallops on Friday morning. Trainer James Fanshawe, below, described him as popular and a 'top man'.

The racing staff were like a "huge family" to Jason, Mark said, and everyone at the yard and in the community had been "amazing" to the family following the news.

Jason had worked for James Fanshawe since returning from Dubai in March.

Mr Fanshawe said: "Friday was a really sad day... especially more so because Jason was just the most likeable member of staff.

"He was very popular throughout Newmarket as well as being a model employee.

"He will be really remembered by everyone here. He was such a nice person, he was never angry. He was always extremely enthusiastic about what he did – he was just a top man."

He added: "It was a really sad day for everyone and all of us at the yard send our condolences to his family."

In a statement on their website, staff at the yard said: "Jason was a very popular, kind, and reliable member of staff. He was always happy and very positive about his horses regardless of their ability. He will be hugely missed as he was one of the yard's big characters."

Jason worked for Neville Callaghan in the 1990s, before moving to John Gosden's yard. He also spent time working for Sir Michael Stoute, looking after Hammerstein, a son of 1,000 Guineas winner Musical Bliss.

He then went to work in racing in Dubai.

John Berry, racehorse trainer and deputy mayor of Newmarket, said his death was "shocking" and had come "way, way too soon."

"It's a tragedy when anyone dies young, and especially when that someone is as likeable, popular and integral part of the community as Jason was," he said.

"I offer my sincere condolences to his family. I know that there is nothing which anyone can do to lessen their loss, but if it helps I can assure them that he was liked and respected by the many, many racing people whose paths he crossed.

"He will be much missed by many, and won't be forgotten."

In Dubai, the Al Zahia Handicap Race was dedicated to Mr Wellings by jockey Richard Mullen, on Sunday.

A memorial page has been set up on Facebook by Mr Wellings' family and, as of yesterday afternoon, it had attracted almost 600 likes.

You can add your tribute by searching "In memory of Jason Wellings" on Facebook.

Revamp planned for the market

NEWMARKET'S market could soon be revamped.

Traders and the district council have discussed ways they can revitalise the market, and will start with the introduction of new market regulations.

The regulations will cover issues including litter disposal, health and safety, and trader conduct.

Cllr David Bowman, cabinet member for economic development and tourism, said: "We want to work closely with the market traders of Newmarket to grow the market so that it will appeal to more shoppers.

"We are not looking to impose new red tape on the traders – we are looking to work with them, to develop ideas together on how we can improve the market so that it will attract more customers."

Draft regulations are set to go to the cabinet on Tuesday, December 9 and, if approved, will go to consultation with traders from December 15, closing on January 23.

They will also be looking to re-establish a market liason group.

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Newmarket News

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GASTRONOMIC DESTINATION: Georgie and Guy Taylor, left and right, with James Barber Exec Head Chef, centre

New owners in Three Blackbirds' nest

THE new owner of a 17th century village pub says he plans to make it a 'gastronomic destination'.

Guy Taylor, who owns Granary Estates, has taken over the Three Blackbirds in Woodditton, and set about upgrading the pub's kitchen.

James Barber is heading up the kitchen team, and will be cooking a variety of dishes including locally shot pheasant ands garlic sausages, produced by champion makers Procters.

Guy said: "The Three Blackbirds will always welcome our regulars for a great pint and it will become a gastronomic destination for locals as well as those from further afield. I'm keen we retain what's great about this gorgeous pub and build loyalty from all our customers."

Man avoids jail despite online sex chat with girl, 15

COURT REPORTER

A SELF-confessed sex offender has been spared custody after chatting online to a 15-year-old girl.

Tomas Oddy, 43, pleaded guilty to engaging in sexual activity in the presence of a child, and was sentenced at Ipswich Crown Court.

Oddy, of Bradley Road, Cowlinge, met the girl, who called herself Millie, in a chat room last summer. Despite learning she was 15, he carried on chatting with her, obtained her mobile number and sent her a string of "dirty messages".

Michael Crimp, prosecuting, told the court that Oddy watched as the young girl took her top off and showed her breasts.

After one online chat where Millie believed Oddy was performing a sex act on himself, she told police.

Edward Renvoize, mitigating, said that Oddy initially thought the girl was older, but had persisted despite discovering her true age.

He said: "This was an enormous lapse of judgement on the part of Mr Oddy. There is no suggestion that he has any particular interest in young girls. He made a series of very poor decisions which of course are criminal and he must face the consequences of this."

Judge David Goodin sentenced him to 12 months imprisonment, suspended for 18 months.

The judge ordered that Oddy be under supervision for 18 months, pay £250 in costs and sign onto the sexual offences register for the next 10 years.

He said: "I am satisfied that you meant her no ill and if you had been aware of the damage being caused by it then you wouldn't have engaged in the activity."

Going green at county council awards ceremony

SUFFOLK'S greenest residents, business, schools and projects are being sought.

This year's Creating the Greenest County Awards were launched last week and aim to highlight environmental achievements carried out by Suffolk's people.

There are 13 categories available for entry, including Green Travel, Greenest Building and Local Food and Drink.

Deadline for nominations is January 31. The awards will be held in April.

To enter visit *greensuffolk.org/awards2015*.

Late shopping at the local museum

GET your fix of late night shopping in Mildenhall on Thursday.

Shops will be open later in Mildenhall on December 5 – and the museum is also jumping on the bandwagon and opening its Christmas shop.

The festive store will raise funds for the museum, and will also be open on December 6 and December 7.

The shop will open between 4.30pm and 7pm on Thursday and from 10.30 till 4.30 on Friday and Saturday.

22 years in jail for doctor who abused sick children

■ JULIAN MAKEY

FORMER Addenbrooke's children's doctor Myles Bradbury has been jailed for 22 years after admitting he abused 18 boys in his care – described by the judge as "one of the worst forms of sexual abuse imaginable".

The 41-year-old, from Herringswell, near Newmarket, worked as a paediatric consultant haematologist at Addenbrooke's in Cambridge, where he carried out medical examinations on boys "purely for his own sexual gratification", Cambridge Crown Court heard.

His patients were routinely asked to strip naked before Bradbury abused them while their unsuspecting parents sat just feet away on the other side of the partition curtain.

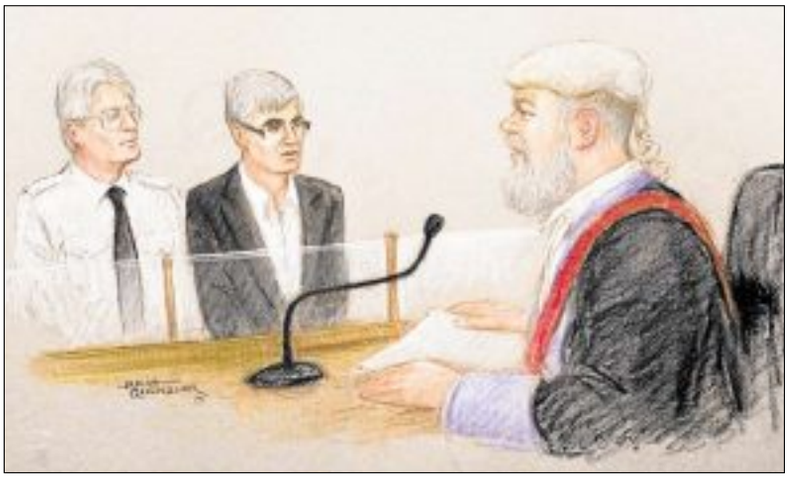
He would tell his victim that he needed to feel and measure their genitals in what he pretended were 'legitimate' medical examinations.

He also used a 'spy pen' with a hidden camera to film his victims, which was later discovered to hold more than 170,000 images.

A disc was also found which contained stories of a "grossly offensive" nature, whose underlying theme was "to normalise sexual relations between men and boys".

Bradbury's abuse went on for four-and-a-half years, beginning within six months of him taking up his post in 2008 and continuing to the day he was suspended.

He pleaded guilty to 25 offences, including sexual assault, voyeurism and possessing more than 16,000 indecent images, against boys aged between 10 and 16.



MANIPULATIVE: Myles Bradbury, left. Judge Gareth Hawkesworth said he had never come across a more 'grave course of sexual criminality'

At his sentencing on Monday, Judge Gareth Hawkesworth said Bradbury's sentence would be reduced because of his early guilty pleas although "some might observe" that the overwhelming evidence against him meant he had little choice but to admit the offences.

Describing Bradbury as "manipulative", he added: "For a doctor to attack children in this way is one of the worst forms of sexual abuse imaginable."

The judge continued: "These boys were all vulnerable and gravely ill."

He added that he had no doubt Bradbury had caused "serious psychological" harm to his victims and there was a risk he would do so in future but said the doctor's recognition of his deviancy meant the risk could be managed.

Judge Hawkesworth said: "In many years' experience on the bench I have never come across a more culpable or grave course of sexual criminality which has involved such a gross and grotesque breach and betrayal of your Hippocratic Oath and trust reposed in you by your patients, their families and colleagues.

"In some cases you exaggerated the seriousness of the child's illness to ensure further examinations took place than were strictly necessary in order to increase your opportunities to abuse."

After the hearing, the detective leading the investigation spoke of the doctor's victims who may have since died of cancer.

Detective Superintendent Gary Ridgway told the *News*: "My heart goes out to the victims of this and my admiration is for their courage in coming forward.

"My sympathy also goes to the families of the children that have been lost to cancer who will never know if their children were victims of this man's behaviour.

"I think for this man who had the trust of families to act in this way is truly terrible.

"We will never know how many victims there were and we are doing everything we can to support and encourage other victims to come forward.

"This man was highly respected and by the families of his victims who trusted him. He betrayed that trust in an appalling way.

"He carried out examinations purely for his own sexual gratification."

Michelle Brown, head of the CPS East of England rape and serious sexual offences unit, described the offences as "one of the worst cases of this kind".

Helpline set up by NSPCC to support families

AT least 54 parents and members of the public have contacted the NSPCC since it set up a helpline for people affected by paedophile doctor Myles Bradbury.

The doctor, who filmed some using a spy pen and abused others behind a curtain while their parents were in the room, pleaded guilty to 25 offences.

All of the victims suffered from leukaemia, haemophilia or other serious conditions and some have since died.

John Cameron, head of the NSPCC helpline, has encouraged anybody affected by Bradbury's crimes to get in touch.

"At some of the lowest points in their lives, countless families placed their trust and hope in Bradbury," he said.

"His sexual abuse and perverted voyeurism of extremely vulnerable children was a grotesque betrayal of that trust."

The NSPCC helpline is available 24/7 by calling 0808 800 5000.

Student Georgia visits No 10 on a day shadowing Suffolk MP

A STUDENT from Newmarket Academy is considering a new career after a day spent shadowing West Suffolk MP Matthew Hancock.

Georgia Neil, a sixth form student at the Academy, spent the day in London with Matthew Hancock together with Jacob Simmons from Samuel Ward Academy in Haverhill, as part of Children's Commissioner's Takeover Day.

The pair started their day at the House of Commons for a debate, which they said was "more relaxed" but still managed to get "quite heated".

They also sat in on a meeting between Mr Hancock and his associates and watched him film an interview for *Sky News*.

But for Georgia, the highlight of her day was going to 10 Downing Street.

She said: "There were tourists outside the gates where I had stood before, but to actually be permitted to go through these famous gates was really remarkable and I felt truly fortunate."

And after a long day of meetings and travelling around London, Georgia said that the day would have a lasting effect on her and her every day life – even altering her future career choices.

She added: "I am not a straight A student, I don't stand out or have any importance but out of all the students in sixth form at Newmarket Academy I was chosen to go to London and experience this amazing opportunity.

"Before this trip I thought I had my life planned out.

"I have decided to explore work within politics and office work, which I never would have considered had it not been for this."

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Isleham's lit up for Christmas!

CHRISTMAS has arrived at a street in Isleham after a local couple strung up their lights for an eighth year for charity.

Roberta and Ivan Houghton, of Waterside, have once again decked out their house with fairy lights – complete with light up santas, penguins, polar bears, and reindeers.

The pair first started putting their lights up for fun – but eight years ago decided they could raise money for charity while doing so.

Roberta said: "This is our eighth year of putting all of our lights up and to date we have managed to raise about £3,000, all for the East Anglian Air Ambulance (EAAA).

"We are hoping this year that we can do even better as we have always had some very generous donations throughout the years so far.

"We have really added more and more this year and it looks great.

"We started doing this for our own enjoyment but when we saw something about doing it for the air ambulance we thought that sounded like a good idea.

"We have been doing it to raise money for them ever since. The display started from nothing and now it's huge."

Cambridgeshire Fundraising Manager for the EAAA, Barbara McGee said: "We are delighted that Roberta and Ivan have chosen to support East Anglian Air Ambulance over the last 8 years with their display of Christmas lights.

"They always put in a fantastic amount of effort to light up the village and we greatly appreciate their support."

Go along to 43 Waterside in Isleham to see the display and add a donation to the collection box.

The display will stay up outside their home until December 31.

CHRISTMAS SPARKLE: Roberta and Ivan with Luke Nicholson, 7, Charlie Nicholson, 2, and Teagan Ellis, 9

Trio who burgled 59 homes are jailed

■ COURT REPORTER

THREE men involved in burgling nearly 60 homes across three counties have been jailed.

The trio used homemade tools to smash open windows and patio doors which would normally be considered resistant to attack.

On Friday Ipswich Crown Court heard police were able to link 15 of the raids at Suffolk addresses through distinctive footprints from trainers left at the scene and the way homes had been broken into.

The burglars also helped police link them to the scene of some of their crimes by taking photos of each other on mobile phones.

Prosecutor Shauna Ritche said other raids in Norfolk and Cambridgeshire brought the value of goods stolen to £125,000.

Properties targeted include homes in Brookfields Close, Newmarket and Albert Road, Stow-Cum-Quy.

As well as jewellery, cameras and computer equipment, the gang took household items including duvets, kitchen utensils and food.

Miss Richie said that some of the jewellery was of great sentimental value and had been handed down through generations.

Traian Vasiluta, 22; Mihai Gherghinesco, 33 and Adrian Budurcoiu, 21, all from Ipswich, pleaded guilty to conspiracy to burgle.

Miss Ritchie said a search of an address in Martin Road, Ipswich where the three men were living revealed a large quantity of stolen property in a hidden room in the attic.

The court heard most burglaries took place at night, some when victims were away and one when a man was recovering from a heart attack.

Gherghinesco admitted involvement in 17 burglaries, Vasiluta 38 and Budurcoiu 4.

Lawyers representing the three men said they had expressed genuine remorse.

Judge Rupert Overbury said: "The burglaries were premeditated, professional, well planned using equipment to steal using a homemade device to shatter glass which one would normally consider to be impervious."

Victims had suffered long term problems, said the judge. One was a 17-year-old whose computer was stolen forcing her to rewrite a year's A level coursework in the space of one month.

Judge Overbury told the defendants: "People who burgle other people's property can expect no sympathy from the courts whatever their personal circumstances."

Gherghinesco and Vasiluta were sentenced to seven years and four months each and Burducoiu to five years and four months.

Produce worker awarded for saving man's life

A PRODUCE worker has been awarded after saving the life of an unconcious man.

Darren Francis, a team leader at Produce World Isleham, won the Special Individual Recognition award after finding a man unconscious at the company's Christmas storage facility in Pymoor.

Darren used his first aid skills and went "beyond the call of duty" to save the man's life.

David Frost, Produce World HR director, said: "Darren is someone that we can always rely upon which is perfectly reflected in this instance when he was relied upon to save someone's life.

"In this instance he went beyond the call of duty to save a man's life and ensure he made a full recovery, so it's only fitting that this significant achievement is recognised."

Darren was awarded at the Pride of Produce World Group Awards.

The World Produce team also took home the Team of the Year award in recognition of its staff engagement activities.

Staff members had come up with a 'Great Place to Work Action Plan' to allow staff to have their say and make a difference to the business.

Tributes paid to 'lovely' Shirley, 52, killed in crash

■ JORDAN DAY

HEARTFELT tributes have been paid to a mum-of-two who died in a car accident just hours after returning from a holiday abroad.

The death of Shirley Ison, 52, has not only left her family and friends devastated, but also her many colleagues at local travel agent company, Premier Travel, where she had worked for 35 years.

Mrs Ison, who lived in Chatteris, died when her BMW 1 series hit a tree on the road between Dalham and Gazeley, near Newmarket, at approximately 6pm last Thursday.

Emergency services attended but Mrs Ison, who was travelling home alone from the airport, died at the scene. She leaves two daughters, Jessamine and Bethany.

Mrs Ison's sister, Val Opperman, who lives in South Africa, thanked well-wishers for their messages of condolence, on Suffolk Police's Facebook page.

She wrote: "Thank you for all your condolences of the death of my sister.

"She was driving her brand new BMW 1 series. I believe that this is a notorious stretch of road as it's so narrow, lined by trees.

"We will never know the real cause but are consoled that she was a very good driver of 36 years in one of the safest cars and had just returned from a beautiful holiday in Tenerife hours before.

"She is survived by two beautiful daughters."

Mrs Ison was also renovating a 17th century cottage in Heacham, her sister said.

Her mother, Margaret Adams, also wrote on the page. She said: "It was a tragic accident that is unbelievable.

"She was in a very happy state of mind, so much to look forward to.

"We are a very close family and we are all heartbroken.

"Please be so careful when driving, it is those who are left behind that have to suffer."

Mrs Ison was the area manager for Premier Travel, including its branches in Cambridge, Ely and Newmarket, where she was well-known in the local communities.

Susan Papworth, managing director of the company, said: "We are all deeply shocked and saddened by the tragic news.

"Shirley has been a much-valued member of the Premier family for over 35 years and will be missed by us all.

"Her professionalism, knowledge and lovely personality has touched the lives of so many people over the years and her passing will leave a tremendous void."

Friend Robert Barnes, from Ely, said: "I'm devastated by Shirley's death.

"She was a very warm, dedicated person and she will be sadly missed by everyone who knew her."

Suffolk police are urging anyone with information about the collision to call Pc Karl Hale on 101, quoting reference 348 of November 27.

TRAGIC DEATH: Shirley Ison

Man, 48, in court after roof fall death

A 48-YEAR-OLD man has appeared in court charged with gross negligent manslaughter in connection with an industrial accident near Newmarket earlier this year.

Michael Turner, 48, of Parley Beams Cottages, Earls Colne, Colchester, appeared at Cambridge Magistrates Court on Friday.

Police were called to reports that a man had died in an industrial accident at a property in Station Road, Kennett, on May 20 this year.

Robert Bird, 57, of Mersey Road, Colchester, died from severe multiple traumatic injuries in Station Road after falling from a roof he was working on.

Magistrates sent the case to Cambridge Crown Court, with the first hearing set to be held on Friday.

Turner was released on unconditional bail.

A joint investigation into Mr Bird's death is being carried out by police and the Health and Safety Executive (HSE).

Community order for man found with 901 images of children

A NEWMARKET man was caught with more than 900 indecent images of children on his computer, a court has heard.

Guy Hockaday, 58, was arrested as a result of an operation launched by police in Gloucestershire.

On Friday Ipswich Crown Court was told that officers monitored people who accessed a legitimate website which had been hacked to include the offer of images of children.

Details were obtained from internet service providers which led to the identification of Hockaday earlier this year.

Police officers arrived at Hockaday's home in Exning Road with a warrant on March 20 and carried out a search which led to the illegal images being found, said Godfried Duah prosecuting.

In total 901 images were discovered, and Hockaday was arrested.

When interviewed he admitted accessing websites which displayed illegal content.

Mr Duah said: "He said he usually started off with adult websites and then decided to view these images."

Hockaday pleaded guilty to an offence of making indecent images of a child.

In mitigation Richard Harvey QC said five people had provided references which gave some insight into Hockaday's background and how he became a heavy drinker, a problem which became worse following his mother and father's deaths.

Hockaday had become "socially isolated" and lost vital social skills, said Mr Harvey.

Sentencing him, Judge John Devaux said that offences of this type frequently attracted a prison sentence.

However Judge Devaux said he was prepared to instead make Hockaday the subject of a community order under which he will remain under Probation Service supervision for three years.

He will also have to pay £900 prosecution costs.

We're waiting for council feedback on Queensbury Lodge: Unex

THE owners of Queensbury Lodge on the High Street in Newmarket are in talks with the district council over what can be done to improve the site.

A representative from Unex attended a Newmarket town council meeting on Monday evening.

He said: "We have met with the council on two occasions to come up with another set of proposals. We showed them the initial designs and they told us what they did not want to see so we put in two separate pre application submissions to get advice."

One was an application for a care home on Queensbury Lodge and the other was for land behind it, including the old swimming pool, for a residential area and a starter yard.

The representative added: "The council have had those for some considerable time but so far we have not had any feedback from them."

He told councillors that in the meantime, the old swimming pool site would be fenced to avoid it looking an eyesore.

Newmarket News

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I'm happy to help

I AM a regular user of the Academy playing fields to exercise my dog. Whilst I accept that there are a small minority of people who do not clean up after their animals, the vast majority of owners do.
Just as the majority of students and members of the public clean up after relaxing on the field in the summer. However there will always be a minority who spoil it for the majority if we let them.
I believe that the answer is to restrict access times to out-of-school hours. I would be happy to act as an unpaid warden and clear any rubbish found daily in the hope that we avoid the closure of the field.
I'm sure that many of my fellow dog walkers would assist.
Surely it would be sensible to give it a try for a period of time before deciding whether to use permanent fencing which I am sure would be extremely costly.
Les Trim
Freshfields
Newmarket

We don't need this

AS soon as I read the front page story this week I was shocked. I have lived in the town my whole life and went to that school.
I felt the field at that time did not only belong to the school but the people of newmarket.
After three years at the school the worst thing that ever happened was a dog running off with the rugby ball.
Ofsted needs to concentrate on what happens inside the classroom and leave the rest up to the school, if there was any danger the school would have dealt with it years ago.
It's just a case of wrapping everyone up in cotton wool just in case.
Everyone needs to Just leave the town alone – it's been fine for years it will be fine for many more years.
Richard Ingram
Laureate gardens
Newmarket

SEASON OF GOODWILL: Staff at Newmarket Leisure Centre with the Giving Tree

Can you spare a gift for the Giving Tree?

ADD an extra gift to your Christmas shopping list this festive season to help Addenbrooke's patients, in a campaign running at Newmarket Leisure Centre.
Staff at the centre are asking members to buy a present for their Giving Tree Appeal for the specialist dementia ward at the hospital.
Take your gifts to reception by December 17.

We saw a big cat

AROUND eight years ago (before moving to Suffolk), my ex husband and I spotted a large black cat walking along a field boundary near Much Hadham, Hertfordshire (we were driving past but slowed to look). The way its tail 'snaked' as it walked it would have been impossible to have been a canine.
Imagine my disappointment when excitedly sharing my story, an old school friend said she had also seen one in that area, and my sister had seen one in Hatfield forest.
Lisa Yahouni
Charles Close
Newmarket

I know about horses

PETER Hardwidge Hiett (letters, November 26th), in querying my horse knowledge, may have missed my letter of October 29th.
I have been driving horseboxes for the past 35 years, the last 16 for Newmarket Racehorse Transport.
Part of my duties as a horsebox driver is to deliver horses (and staff) to racecourses and back safely.
Among such horses have been Bosra Sham, Oath, Ramruma, Giants Causeway, Galileo, Rock of Gibraltar, Holding Court (to Chantilly), Rakti (to Rome) and Nordico (to Cyprus). Oh yes, and Frankel. And, my particular favourite, Generous.
My responsibility as a driver is to drive with due care and consideration for other road users, including horses, cyclists and pedestrians. So, yes, I do know how horses behave, also how riders behave and how drivers behave.
My interest – and, frequently, the substance of my letters – is to improve horse / traffic safety.
As a transporter of horses I appreciate, perhaps more than most, that horse safety is not a one sided issue.
Andrew Appleby
St Albans
Newmarket

Well said Mr Appleby

RESPONDING to Peter Hardwidge Hiett's letter printed in your edition of the 26th November. I actually appluad Mr Appleby's efforts in bringing items to the attention of the general public of Newmarket. I too have never ridden nor nailed a shoe on one as you state.
So am I not allowed an opinion on racing matters or town matters? Democracy at its best.
The point of Mr Appleby's letters are showing us that the balance of this town is totally wrong.
It should not be all about racing, the needs of non-racing people within the town need to be met.
I have a good idea, why don't we try to ensure each other's needs are met, not just racing's, as things are at present!
Ian Young
Engelhard Rd
Newmarket

COMMUNITY NEWS

> > Email your Community News to editorial@newmarket-news.co.uk

>> Mildenhall

FINE CHRISTMAS LUNCH FOR TWINNERS

A fine pre-Christmas lunch saw the keen members of the Mildenhall and District Town Twinning Association and their guests enjoy a splendid meal, among happy company, at the Bell Hotel in Mildenhall last Sunday week.
Group chairman Tony Bristow welcomed one of the highest numbers to a fine carvery spread, together with two fundraising, entertaining and very profitable raffles.
Some 20 splendid prizes in the luncheon organiser's normal event (all of them generously donated) were the prelude to association secretary Grace Bristow's humorous 'Cheating Raffle', in which a dozen Christmassy gifts were first properly chosen by 'legal winners' then stolen by another 12 people in fine style!
The extra funds banked will come in useful this year in particular since a party of French twinners for Luc-sur-Mer in Normandy will be visiting the town and area around for the Merry Mildenhall Christmas evening this Thursday, December 4, returning at the weekend. Hosted by members of the MDTTA, the group will also visit the St James's Cathedral and Bury St Edmunds the next day, while that same evening they will be hosted to a joint dinner at The Chequers Inn in Eriswell.

MAJOR DEBATE ON NEW REGULATIONS

There was a serious, major debate during last Thursday's long Mildenhall Parish Council meeting on the newly-passed regulations regarding ways of reporting, particularly by members of the public. Called the Openness of Local Government Regulation 2014, members were discussing a full report from their clerk Mandy Maguire who, with long serving councillor Mr John Barker, had attended an 80-strong seminar at Elmswell on 5 November.
The session had focused on the Openness Regulations and gave detailed information on how councils can meet the regulations, which allow the public the right to film, photograph, record or report on full council or committee meetings.
The session also gave practical tips to help councils such as having signage at the venue and publishing information on the website, while the Suffolk Association of Local Councils (SALC) have produced a clear statement which the chairman can read out at the start of a meeting.
There can also be a clear separate seating area, if space allows, so the public are not filmed if they do not wish to be, although the public can not insist on privacy or anonymity.
In her report, Ms Maguire stressed that although some councils seem scared at the prospect, it is crucial to embrace the changes, showing that as a council they are transparent in all their dealings.

BECK ROW THURSDAY CLUB

Members are eagerly awaiting their annual Christmas Lunch at The Bell Hotel in Mildenhall on Thursday 11 December.
Some 50 members, with spouses where appropriate, are scheduled to be present, with various items of entertainment led by Brian Roy who will provide background music over the meal and later tunes also suitable for dancing.
The club will miss a month after the lunch, meeting again for a new session on 8 January 2015 when members help to choose which venues they will visit in 2015/16.

John Barker

Frankel foals fail to shine but records are still broken

NATALIE ROBINSON

BIDDERS looking to make a Frankel foal their own in Newmarket grabbed a bargain on Friday as three of them went under the hammer at Tattersalls.

Three foals by the legendary Frankel, who went unbeaten in his 14 races and brought home almost £3 million in prize money, went up for auction – expected to hit the upper end of the price scale at the sales.

But while one of his foals broke the Irish record at 1.8 million euros (£1.4 million) earlier this month, and another went for £1.15 million at a sale held in Kensington palace in June, the three foals – with one withdrawn from sale at the last minute – at Tattersalls on Friday evening failed to garner the same interest.

Crowds, including former jockey Willie Carson and national TV crews, packed into the sales ring seats were silent as they waited with baited breath to hear how much the highly coveted foals would be sold for.

The first foal reached 140,000 guineas, less than the reserve price, and left unsold.

It was later bought privately for 150,000 guineas by Dermot Farrington.

The second went for 350,000 guineas and the third sold for 200,000 guineas.

But Jimmy George, Tattersall's marketing director, said that the three foals were just a "small part" of the sales and they could not speculate on what may happen next.

He said: "We will be looking forward to seeing Frankel's first crop of yearlings next year but we will also be looking forward to seeing them on racecourses in Britain and throughout the world in 2016."

The main attraction of the evening was a colt by Sea the Stars, selling for 450,000 guineas. Angus Gold of Shadwell Estates took home the most expensive horse of the evening.

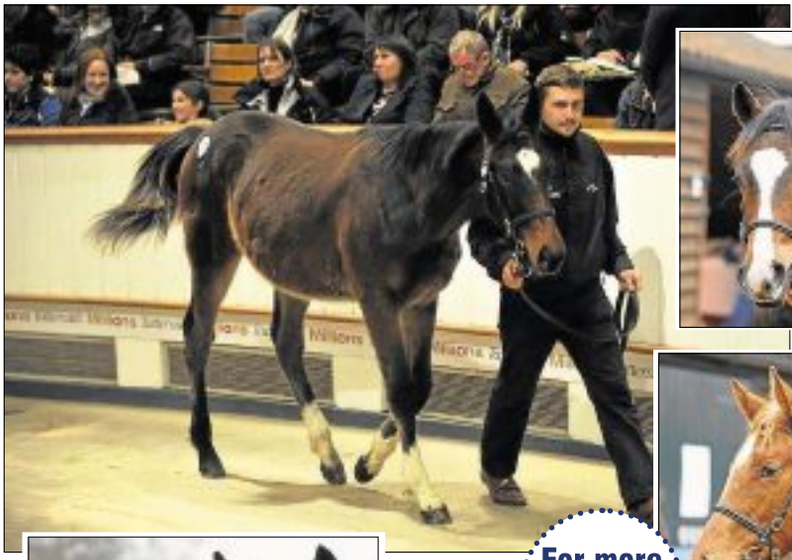
He said: "I knew we'd have to work hard to buy him – he is a gorgeous horse. For us, he was a stand out of the week. He'll head to Ireland now."

And the sales broke records once again, selling 779 lots for a record 32,110,900 guineas.

Mr George added: "It was a very strong sale and record breaking, as it was last year.

"We have had two consecutive record turnovers. We have had a wonderful year to date and are hoping we can end on a high."

The December Mare Sales kicked off at Tattersalls on Monday, and run until tomorrow.



WHO'S THE DADDY: Above and left: Lot 1103, out of Swiss Lake (USA). Inset right: Foal out of Dorcas Lane (GB), top, and a chestnut out of Kirinda (IRE).

For more pictures Visit newmarket-news.co.uk

Man had 250,000 child abuse images

A MAN who had 250,000 images of children being abused has been spared prison.

Jonathan Gibbs was caught with the massive haul of videos and photographs in his father's house in Soham following a police operation targeting people sharing abuse images on peer-to-peer networks.

Nearly 1,000 of those were at level A, the most serious category, showing penetrative sexual activity as well as abuse involving animals and sadism.

The 53-year-old, of Paddock Street, Soham, who was said to be sexually attracted to 10-year-old girls, was given a suspended prison sentence and must attend an internet sex offenders' programme.

Sara Walker, prosecuting, said police raided the house on November 20 last year and Gibbs admitted six counts of making indecent images and two counts of possession of indecent images.

Gibbs had a collection of 1,000 images at level A and 1,700 at level B. There were about 160,000 pictures and videos at level C relating to a making indecent images charge and 120,000 relating to a possession of indecent images charge.

Judge Jonathan Haworth also imposed a sexual offences prevention order so Gibbs cannot own an internet device without having monitoring software installed on it by police. He must also pay £400 court costs.

>> in brief

Christmas time at flower club

A TRADITIONAL Christmas will be the demonstration at Dullingham flower club.

For £13, guests will be able to enjoy a two-course dinner with mince pies and coffee, as well as a demonstration.

The club will be held on Thursday, December 11 at 8pm in The Taylor Hall, Church Close, Dullingham.

To book your dinner, call Lesley Bird on 01638 507658 or 07786 817154.

Saving Mr Banks screens in Exning

SAVING Mr Banks starring Tom Hanks and Emma Thompson is the film of December at the Exning Cinema.

The film, telling the story of how Mary Poppins made it to the screen, will be shown at Exning Community Church Hall on Friday, December 5.

Doors open at 7pm. Tickets are £4 for adults or £3 for children under 15.

Internships open

TWENTY placements are available with councils across Suffolk.

Find out more about the roles by going to *risinghighsuffolk.org.uk*.

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GET COOKING: Connor Andrews, Harrison Day, Jordan Tilbury and Nichola Hardy with Cllr Warwick Hirst

Roast dinners all round at primary school

MINI Masterchefs put their skills to the test on Monday as they prepared a Christmas dinner.

The Laureate Primary School children cooked their roast dinners on Monday to celebrate their graduation from the Healthy Heath programme run by Forest Heath District Council.

Over four weeks, the seven and eight-year-olds have been learning about healthy eating, kitchen skills, hygiene, and the importance of exercising – celebrating with a roast.

Headteacher David Perkins added: "It is great to see the enthusiasm of our pupils, not to mention the plates of tasty food they have been serving up.

"They have really enjoyed learning in the kitchen and I hope they take these skills home and continue them through the rest of their lives.

"Hopefully some of them will tear themselves away from the presents on Christmas Day to give mum and dad a hand making the dinner."

Step closer to law to stop fly grazing

■ NATALIE ROBINSON

A NEW law to tackle fly grazing in Suffolk could be a step closer thanks to backing from a member of parliament.

The CLA, an organisation for the owners of land, property and businesses based in Suffolk, has welcomed the move by MP Julian Sturdy to back a law which would enable the "swift removal" of horses being fly grazed.

This is when horses are left on someone else's land without permission – and a new law would cut the time landowners have to wait before they can take action from 14 to just four.

Thomas Allen, 23, from Soham, died on the A14 at Sproughton, near Ipswich, on Christmas Eve in 2012 after hitting horses which had strayed into the road.

Suffolk coroner Peter Dean described the tragedy as "an accident waiting to happen" and said he would be writing to the government to ask for it to be made a criminal offence.

The owner of the horses, Stacy Humphrys, was jailed for 28 months earlier this year.

The Environment, Food and Rural Affairs Committee has now joined in backing a Private Member's Bill which would allow the removal of fly grazed horses.

CLA eastern regional director Nicola Currie said: "We welcome the influential committee's decision to back this bill and move it one big step closer to becoming law.

"This is an important breakthrough for the CLA's ongoing work to tackle the growing problem of fly grazing.

"It is vital that landowners in Suffolk and across the eastern region have the power to act quickly and in the best interest of the welfare of these animals."

Calls to welfare charities about fly grazing have risen by two thirds in three years.

The RSPCA said they had received 226 calls about abandonment, including fly grazing, in Suffolk relating to the welfare of 769 horses.

The Control of Horses bill will be debated by MPs at committee stage in the coming weeks.

Call for change in business rates

THE district council is leading a call for a change in business rates around the country.

Forest Heath District Council, together with St Edmundsbury Burough Council, is lobbying the government to change licensing laws.

Currently, the councils cannot stop people who have not paid their business rates from getting permission to open or renew a licensed premises.

Under current law, a licensing authority can't take rates payments into account.

On other occasions, the councils have been aware that the applicant owed a "substantial amount" on business rates dating back several years, but were unable to do anything about it.

Now, they have gained the backing of the Local Government Association to get changes made to the law in the hope the Chancellor of the Exchequer George Osborne's will talk about it in his autumn statement today (Wednesday).

Cllr Stephen Edwards, cabinet member for resources, governance and performance at Forest Heath, said: "Many councils will have come across these cynical business men and women who pay all of their bills apart from their business rates because they know they will still get their licence.

"It is unfair on the rest of us who pay our rates, knowing that the money will be reinvested back into the area for the benefit of us all.

"We now wait in hope of a satisfactory announcement by the Chancellor."

The Local Government Association said the change in law would ensure "all businesses bear their share of responsbility towards the general prosperity" of their local area.

Tell us what you think: newmarket-news.co.uk

Stay safe when shopping online, warns PCC

SHOPPING crazes like Black Friday and Cyber Monday have prompted a warning about online buying from Suffolk Police.

Tim Passmore, Police and Crime Commissioner for Suffolk, has warned residents across the county to beware of fake websites and scam emails.

Last weekend was the busiest for internet shopping throughout the whole year.

And millions of shoppers took to the internet on Friday to snap up some Black Friday deals, where many items were heavily reduced after Thanksgiving in the USA.

Mr Passmore said: "It's a shocking statistic, but, according to the National Fraud Intelligence Bureau, more than half of Britons have been victims of an online crime.

"Last year in the UK, Christmas shoppers made an estimated 115 million visits to online retail sites on the first Monday in December.

"That is a mind-blowing figure and with that many online transactions the potential for crime is very likely."

Visit *actionfraud.police.uk* for more information on how to stay safe.

Mr Passmore added: "Before you head to your computer with your credit card in your hand I would urge everyone to take a look at the website and keep yourself safe."

PLAY ON: Lana Bruce with a cajon

Lana's dream to bring the sound of music to her school

A STUDENT passionate about helping to buy new musical instruments for her school has set herself a new fundraising mission.

Lana Bruce, 14, has raised hundreds of pounds which has enabled Soham Village College's music department to purchase new guitars and ukuleles over the years.

In fact, Lana's ukulele project led to the Soham Village College Ukulele Club being formed as she raised enough to buy more than dozen of the instruments for her fellow pupils to play.

Now Lana, who is the daughter of author Alison Bruce and lives with her family in Fordham, is trying to raise enough money to buy a cajon for the school.

■ JORDAN DAY

She has been selling copies of a special CD she has produced and has been performing at venues across the region to help raise funds.

Lana said: "I want to buy my school a cajon to help students have access to learning more on percussion instruments.

"Having a cajon at Soham Village College will give more students the opportunity to become involved in music.

"In the same way that the ukulele introduced students to stringed instruments, the cajon is a great way to introduce them to percussion.

"The success of the ukulele project has motivated me to give as many students as possible the opportunity to play."

Lana said that she will use any surplus funds raised to buy other music equipment, such as guitar tuners and a cover and pedal for the cajon.

To sponsor her, visit *just giving.com/yimby/soham#/*.

Green award for Newmarket hotel

A NEWMARKET hotel has gone green and won an award from a tourism business scheme.

The Bedford Lodge hotel in Newmarket achieved a silver award, improving its rating to 76 per cent. Assessors look at every sector of the hotel buisness to ensure processes were environmentally friendly and concluded that they were a "strong sustainable business".

Noel Byrne, chief executive, said: "While we are focused on ensuring our guests always experience a top class service, the team here also aims to ensure that we continue to help safeguard the environment too.

"It is great news that their efforts have been rewarded in this way."

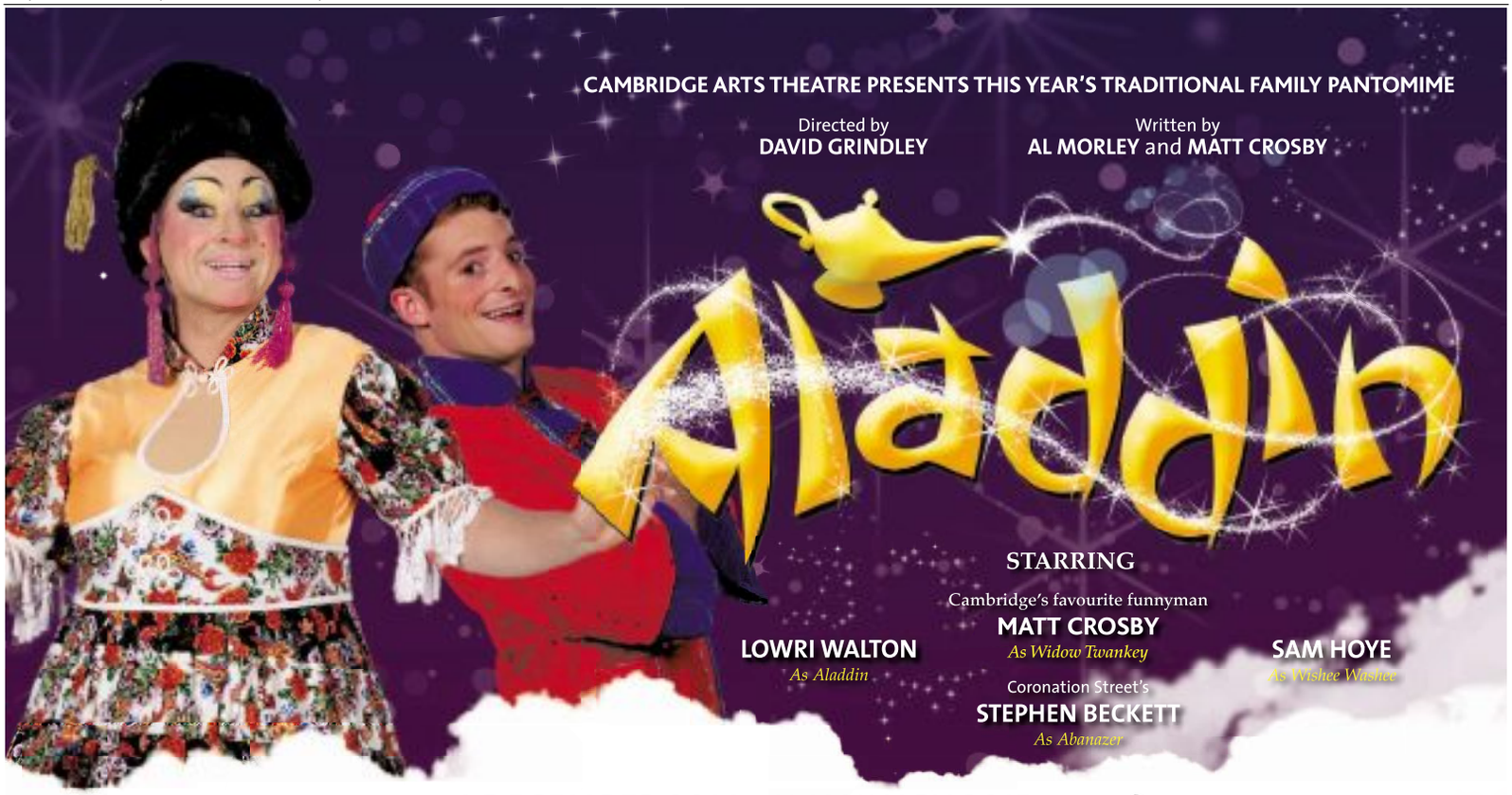
New equipment for A14 drivers

INNOVATIVE equipment which will assist officers in looking at drivers' records has been donated to Suffolk Police.

The mobile tachnograph analysis equipment, which will identify offences and analyse records while on the road, has been donated by the Eastern Region Truckwatch.

It will be used in a four-wheel drive which forms part of the roads policing fleet on the A14.

Tim Passmore, Suffolk's Police and Crime Commissioner said: "The A14 is a major artery of national and international significance."



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Sam sets a new reading challenge!

■ NATALIE ROBINSON

A BOOKWORM from Exning is celebrating after completing a reading challenge.

Speedy reader Sam Street read 50 library books between January and October in her own personal challenge.

Sam, who used to work as a librarian at Fairstead House, took on the challenge to get back into reading herself.

She said: "I was used to motivating children to read but my own reading had dipped a bit.

"I decided to start in January and it took off from there.

"I found the more I spoke to people about it, the more recommendations people gave me so I was reading things I wouldn't read normally.

"When you pick up a book it just means you're actually resting and taking time out for yourself.

"I'm going to try to read 100 next year – my husband thinks I'm crazy!"

Sam spends a few hours a week at Exning Primary School listening to pupils reading, as part of the *Newmarket News*' Let's Read project. And Sam will also be helping at Newmarket Academy, after the college's recent appeal for volunteers.

She said: "Reading with children has always been a big part of my life as I have always worked in schools.

"Reading teaches you something new every time. We are learning, even if it's just a fictional character or about a recipe they might use in the story. Anything.

"It's the same thing for children. They're going to add new vocabulary each and every time they read."

Volunteers are still being sought for the *Let's Read* scheme at Newmarket Academy. To sign up, or for more information, contact Graham Wigley at the academy on (01638) 664412, or email our editor Wendy Davey on *wendy.davey@cambridge-news.co.uk*.

BOOKWORM: Sam Street used Newmarket Library for her book choices

£50,000 prize still unclaimed in Suffolk

COULD £50,000 be waiting for you to spend?

That's the case for one lucky woman in Suffolk who won the sum in a Premium Bond draw – but has so far left it untouched for two-and-a-half years.

The £50,000 draw was made in May 2012, but so far no one has declared the sum their own.

Across the UK, £41 million worth of Premium Bond prizes are unclaimed, including 9,500 in Suffolk worth over £440,000.

While £50,000 was one of the largest and most recent unclaimed prizes, a smaller sum in Suffolk of £25 is also unclaimed – from May 1967.

Other sums of £1,000 have also gone unclaimed in the county from 2005 to 1995.

Jill Waters, NS&I's assistant director in retail experience, said: "It is likely that the winners of the unclaimed prizes are unaware of have forgotten that they have Premium Bonds.

"Prizes often become unclaimed as a result of people moving house, or forgetting that bonds have been bought for them of a child, or executors are unaware the bonds are held when someone dies."

There is no time limit for claiming Premium Bond prizes.

Go to *nsandi.com* to see if the prize is yours.

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Tom Williams dies, aged 95

NATALIE ROBINSON

FORMER town councillor Tom Williams died last week aged 95.

Mr Williams was born and worked in London for many years, before going to work to repair airfields during the Battle of Britain.

He then joined the paratroop regiment.

Mr Williams then moved to Gazeley, where he became chairman of the parish council and bought a shop in the local area.

Mr Williams was also a founding member of Newmarket in Bloom, acting as chairman for a number of years before having to step down due to health grounds in 2006.

And in 1999, Mr Williams became one of the first councillors on Newmarket Town Council.

He was also a life member of the Newmarket conservative club, which closed in 2008, and described the club's closure as a "very sad day".

MISSED: Tom Williams

Cllr Bill Sadler said Mr Williams would be remembered for his "fixed views and principles" which he always stuck to.

He said: "He had fixed views on things.

"He was a man who had principles and views and always stuck to them quite strongly.

"He will be remembered for the way he did things."

In his later years, Mr Williams lost his eyesight – but was still determined not to move out of his home, even when he found it hard to get around.

Cllr Sadler added: "His eyesight greatly deteriorated over the years but in spite of all that he would not contemplate the idea of leaving his home.

"He had a difficult time. He used to go to The Palomino for a drink every Tuesday and that was the highlight of his week."

Newmarket town councillors paid tribute to the ex-councillor at a meeting of the community services committee on Monday evening.

Councillors held a minute's silence in his memory.

His funeral details have not yet been confirmed, Cllr Sadler said.

Newmarket News Coach Holidays

Cirque du Soleil – Kooza

At The Royal Albert Hall
Departing 31 January 2015

Enter a world of magic, and experience awe-inspiring acrobatics, spectacular sets, colourful characters and wonderful music, as the Cirque du Soleil traces the fascinating story of the nameless passer-by. Book your place on our great-value break and see their amazing show, 'Kooza', as it returns to the Royal Albert Hall.

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- Time for shopping in the January sales and sightseeing in central London
- The services of an experienced tour manager

Coronation Street – The Tour

Departing 26 April, 9 August & 25 October 2015

Here's your chance to stroll down the famous cobbles of Coronation Street, former home to years of drama, laughter and tears. A must for all Corrie fans – you'll see original sets, including the Rovers bar, enjoy fascinating facts and stories from your studio guide about the show, plus lots more.

Our price includes

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Newmarket News Ocean Cruising

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ABTA The Travel Association

Have your say on shop fronts

DEBRA FOX

THE first draft shop front policy for businesses in Newmarket and the surrounding areas has been released by Forest Heath District Council.

The policy will give guidelines on design, advertising and appearance of shop fronts in Newmarket – which have long been a talking point for town councillors.

Business owners were told they would have to alter their shop's facades and alter or remove A-boards outside their businesses at a meeting held in August.

In a letter, Steven Wood from FHDC told businesses there was a "general concern that the High Street is cluttered with A-boards and other advertising material that detract from the historic character and importantly the conservation area".

At a previous town council meeting, councillors had praised Golding, Wildwood and Celik's for their good shop fronts. Others, including QD, Jennings and Best One, were given as examples of "inappropriate" shop fronts.

Shop owners were told a shop front policy would be drawn up – and now the time has come for shoppers and businesses to comment on the draft document.

Cllr David Bowman, cabinet member for economic development and tourism, said: "A shop front is the first impression that a potential customer will have of a business and is also an integral part of the overall look of a shopping street. An attractive street will encourage shoppers and visitors to stay, spend, and come back to the town centre again.

"This guide provides very clear advice to help retailers, landlords and agents through the planning process which will enhance our shopping areas and help boost the economy of West Suffolk."

As it stands, the guide describes a "good shop front" as one which attracts shoppers and adds "interest" to the street scene. It should also compliment the building it is part of, and enhance the surrounding area, not dominate it.

Shops are defined as "commerical premises having a fascia design or display" including non-retail premises in a shopping area. This includes banks, restaurants and betting shops.

The guide informs businesses of appropriate changes.

Visit *westsuffolk.jdi-consult.net/local-plan/* to make your comments on the guide online. View a copy at the council offices in College Heath Road, Mildenhall or at the Newmarket Customer Information office in The Guineas. The consultation will end at 5pm on January 9.

What do YOU think?
Email us at editorial@newmarket-news.co.uk or visit newmarket-news.co.uk

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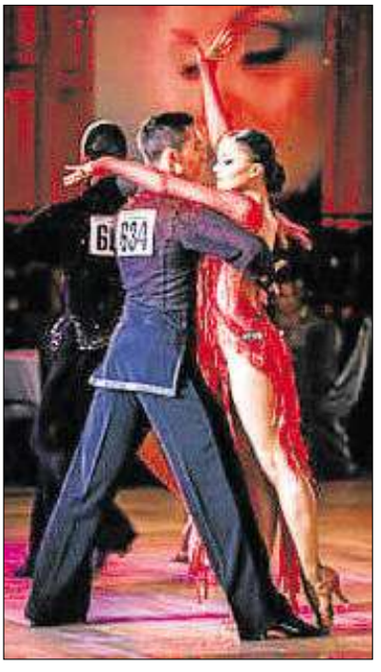
Laura and Luke wow the judges on national stage



A DANCER from Moulton has wowed the crowds at a national Latin dance championship.

Laura Robinson danced her way to second place with her partner Luke Miller in the under 21 competition last month.

The pair, who have only been dancing together since May this year, went head-to-head with 40 other couples to dance the rumba, the samba, the paso doble, the cha cha and the jive at the Winter Gardens in Blackpool.

Laura said: "We were delighted to have come second in the competition. It was a great event for us and we were really pleased with the result.

"Couples were competing from across England and we were in the under 21 category so we did well when we're only 17 and 18." The 17-year-old, who has been dancing since she was just six, currently juggles her talents with going to sixth form in Bury St Edmunds.

And while it's tough to continue her schoolwork while competing, Laura and Luke, who train four to five times a week, show no signs of stopping.

The week before the Blackpool competition they travelled to Holland for the Dutch open, finishing in fifth place, and later this year will be going to Disneyland to compete in the world championships.

Anne Robinson, Laura's mum, said: "This is what Laura has always wanted to do and she is living her dream.

"We are very proud of her."

■ NATALIE ROBINSON

STRICTLY TALENTED: Laura Robinson and Luke Miller. Left: In action on the dancefloor

» in brief

Relatives sought for Isleham man

DO you know Ronald Fordyce?

The coroner's office is appealing for help to find the relatives of Mr Fordyce, of Kennedy Road in Isleham.

Mr Fordyce died suddenly on November 19 this year, aged 64. Contact the coroner's office on 0345 045 1364.

Plates stolen

NUMBERPLATES were stolen from a car in Red Lodge.

The theft occurred between 5.45pm on Wednesday, November 19 and 8.30am on Thursday, November 20.

The numberplates were taken from a red Seat Ibiza which was parked in a garage block in Carnation Way.

Call 101 quoting MH/14/1956 or Crimestoppers anonymously on 0800 555 111.

Pushchair theft

A PUSHCHAIR was stolen from a communal stairwell in Beck Row.

The grey and black Silvercross pram was stolen between 7pm on Saturday, November 15 and 10am on Sunday, November 16 at the block of flats in Cutters Close.

Call 101 quoting MH/14/932 with information.

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Women seeking men

REMEMBER: Calls cost £1.53 per minute plus network extras.

JEN first time advertiser and a little shy, single mum looking for nice guy for chats, to go out and generally just enjoy life with, N/S preferred. **Tel No: 0906 500 3778 Box No: 414965**

SALLY, 38yrs large cuddly lady seeks slim men for discreet meetings. **Text Only 4550193**

BEA petite 40's female, attractive, nice natured, social, many likes and interests, seeking independent male to share new interests, hobbies and lots of adult time. **Tel No: 0906 500 3778 Box No: 414943**

SANDY part time nurse, loves holidays, dancing, walking, nights in/out, seeks mature male to enjoy weekend activities and adult romance. **Tel No: 0906 500 3778 Box No: 414971**

SEXY brunette, mid 20's busty, adventurous broad minded seeks no strings fun. **Tel No: 0905 002 1949 Box No: 361739**

CHARLIE 22yr old young female looking for older male for fun times only, no complications or questions asked. Reliability and respect expected and assured. **Tel No: 0906 500 3778 Box No: 414947**

JENNI, 52 bored housewife wants no strings fun with younger chap. **Text Only 4550197**

JENNY 38, petite, blonde busty, looking for my sugar daddy, GSOH. **Tel No: 0906 500 3778 Box No: 415311**

SOPHIA young 40yrs, married but bored, seeks discreet adult fun, any area, all calls answered. **Tel No: 0905 002 1883 Box No: 413399**

ABI single fun outgoing young 27yrs, tall, slim, OHAC, employed looking for similar male for good times. **Tel No: 0906 500 3778 Box No: 414369**

TRUDY 36yrs, wltm broadminded men of any age/area for daytime meetings. **Text Only 4550194**

ATTRACTIVE Princess, 50, likes music, good things in life, seeking Prince charming with GSOH, honest and generous to bring happiness and love. **Tel No: 0906 500 3778 Box No: 414791**

MELANIE, 38, slim, blonde and bored. Call if you want no strings fun. **Text Only 4550198**

SOPHIE 29yr old large black lady with very large bust looking for professional or retired naughty friend with GSOH, discreet disposition and generous nature. **Tel No: 0906 500 3778 Box No: 415171**

LUCY, broadminded 18yrs seeks discreet fun with men any age. Aca. **Tel No: 0905 002 1941 Box No: 365051**

PRETTY 34yr old paramedic, long dark hair, nice eyed, feminine, size 12, caring, looking for fun times in or out with nice guy, maybe leading to more. **Tel No: 0906 500 3778 Box No: 414715**

ANN pretty blonde, young looking, slim, no ties, seeking male 40-50's to go out with, enjoy adult conversation, maybe leading to something more. Pls call me. **Tel No: 0906 500 3778 Box No: 414503**

DOREEN 40's attractive blonde, nice figure, solvent, OHAC, no ties, enjoys keeping fit, holidays away, WLTM someone to share all the good things in life with. **Tel No: 0906 500 3778 Box No: 415383**

LUCY, 32yrs, blonde lady seeks naughty boys of any age for no strings fun. **Tel No: 0905 002 1887 Box No: 413443**

JENNY 38yr old attractive divorced mum of one, green eyes, blonde, interesting with varied interests, WLTM genuine kind male for hopeful romance. **Tel No: 0906 500 3778 Box No: 415189**

ADVENTUROUS sexy lady, 38yrs, married but seeks no strings fun with discreet man, any age. I'm tall, slim and dominant. Aca. **Tel No: 0905 002 1937 Box No: 415301**

LYNDA 19yr old naughty by nature female green eyes, dark hair looking for fun times with mature male who thinks he can handle a real live wire. **Tel No: 0906 500 3778 Box No: 414719**

JEAN 46, petite, well mannered, employed, OHAC, enjoys meals out, nice wine, golf, gardening, holidays, seeks 60's kind man with GSOH. Looks unimportant. **Tel No: 0906 500 3778 Box No: 414221**

PAM 42, attractive employed, slim, fit, interesting brunette, OHAC, seeking similar sporty, fun N/S male for weekends away, meals out and lots of laughs. **Tel No: 0906 500 3778 Box No: 414197**

NINA 35yrs pretty brunette, slim, medium height, nice smile, good manners, loves girlie things, cooking, shopping, dancing, meals in/out, WLTM affectionate passionate guy. **Tel No: 0906 500 3778 Box No: 414233**

CLARE 26, fun, honest, loving and loyal, employed, no ties, OHAC, seeks genuine man 25-50yrs to get to know, spend quality times, dates in/out and great conversation. **Tel No: 0906 500 3778 Box No: 414393**

PLAIN Jane 38yrs true country lass looking for fun frolics down on the farm with real non pretentious happy man, there must be one out there for me! **Tel No: 0906 500 3778 Box No: 414693**

TALL lovely lady 50's, long hair, likes pina colada and getting caught in the rain, seeks genuine, loyal, homely man with GSOH and 6ft in height. **Tel No: 0906 500 3778 Box No: 414575**

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Men seeking women

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HUNKY builder, 50, adventurous but kind, seeks female for fun, friendship and LTR. Black/white/Asian. **Tel No: 0906 500 3778 Box No: 415357**

JOHN, 42yrs professional genuine gent seeks caring lady to treat as a princess. **Text Only 4550195**

KIND male, 49, likes cinema, meals out, concerts, travel, seeks loving lady, 38-52 for LTR. **Tel No: 0906 500 3778 Box No: 414913**

GEOFF looking for female companion, 40-60 to go sailing on my catamaran in the Mediterranean. **Tel No: 0906 500 3778 Box No: 414857**

JOHN 36, easy going, GSOH, 6ft 3ins, likes comedy, music, seeking nice lady for fun and laughter. **Tel No: 0906 500 3778 Box No: 414829**

YOUTHFUL fit, attractive guy, 50, humorous, romantic, passionate, likes red wine, walks, meals out, cinema, seeking sexy, like minded female for fun and friendship. **Tel No: 0906 500 3778 Box No: 413259**

DEAN 5ft 10ins, medium build, nice, gentle, genuine, loving, funny, outgoing, energetic, likes nights in/out, seeks similar female. **Tel No: 0906 500 3778 Box No: 414277**

MALE likes rock/pop/indie, tall, slim, young 50 something, GSOH, honest, caring, romantic, non materialistic, seeks genuine lady for friendship, maybe more. **Tel No: 0906 500 3778 Box No: 415059**

ATTRACTIVE tall fit guy, 50, dark hair, fun, romantic, passionate, seeks sexy lady for fun dates, laughter and good times. **Tel No: 0906 500 3778 Box No: 415387**

SILVER haired 59yr old male, 5ft 9ins, good looking, solvent, seeks slim lady, 50-60 to see how it goes, hopefully LTR. **Tel No: 0906 500 3778 Box No: 415329**

GENUINE attractive and honest single 32 yr old male looking for fun and friendship. All replies answered. **Text Only Mailbox Box No: 4504483**

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PROFESSIONAL male, N/S, own home/business, solvent, smart, attractive, romantic, loving personality, GSOH, seeking LTR with genuine female. **Tel No: 0906 500 3778 Box No: 415353**

CEMENT to be! Builder seeking concrete relationship with fun loving female. Children/pets welcome, any age/race. **Tel No: 0906 500 3778 Box No: 415215**

JAMIE 50, OHAC, widowed, seeking female to socialise with, maybe more. **Tel No: 0906 500 3778 Box No: 415197**

59YR old male, silver hair, reasonable build, seeks slim lady, 50ish. **Tel No: 0906 500 3778 Box No: 414989**

IPSWICH male, early 70's, loving, caring, likes trips/meals out, nights in, seeks attractive loving lady, 60-70 for LTR. **Tel No: 0906 500 3778 Box No: 413381**

MALE 50's, ok looking, seeking female for no strings adventurous fun. **Tel No: 0906 500 3778 Box No: 413431**

NICE looking guy 50, dark hair, hazel eyes, GSOH, likes walks, meals out, seeks attractive lady for wining/dining and romancing. **Tel No: 0906 500 3778 Box No: 414823**

JAMES, hard working single dad, late 30's seeks single mum for family days out. **Text Only 4550196**

DAN 50, nice looking, athletic, good company, seeks slim, attractive, broadminded, adventurous female for discreet exciting meetings. **Tel No: 0906 500 3778 Box No: 414671**

JAMIE 50, OHAC, widowed, works some nights, seeking female for uncomplicated friendship and nights out. **Tel No: 0906 500 3778 Box No: 414611**

TALL slim, young 50 something male, longish hair, GSOH, likes rock/indie music, seeks lady for friendship, hopefully relationship. **Tel No: 0906 500 3778 Box No: 415257**

MALE mid 60's, 5ft 5ins, medium build, N/S, GSOH, likes most things, country walks, meals out, theatre, cinema, seeks female up to 68. **Tel No: 0906 500 3778 Box No: 415337**

CALL CHARGES*: DATING 18+ and have the bill payer's permission. 090 calls cost £1.53 per min. plus network charges. Calls from Mobiles will be considerably higher. Calls are recorded and may appear on your bill. TEXT*: Text alerts are charged at £1.50 per week. To unsubscribe to text alerts, text DATING STOP to 63333. To cancel free match alerts, text STOP to 07781474042. For full T&Cs go to www.localdates-terms.co.uk/. REPLY BY TEXT*: 80098 costs £1.50 per SMS received (max 150 characters). Guaranteed to receive 1 - 4 messages for each message you send, Service only available where phone icon show. Messages are moderated. Minimum 7 messages must be sent before contact details can be exchanged. This service is not computer generated. All messages are responded to by real service users. No meetings can be guaranteed. If arranging a meeting be sure to chose a public space and do not give personal details to people you have not met. Some advertisers on this page come from our national database. To STOP text stop to 80098. Service provided by No Goats Ltd. Help: 0207 720 7130. ALL SERVICES*: By texting any shortcode you consent to the owner of that shortcode sending you the occasional marketing message. DATA PROTECTION: Service provided by JMedia UK Ltd, SW4 7BX, 0207 720 7130. We will collect the details you provide and may send you details of other services and events operated by us. We may pass your details onto this newspaper for marketing or PhonePayPlus for regulatory purposes. W/C 03/12/14

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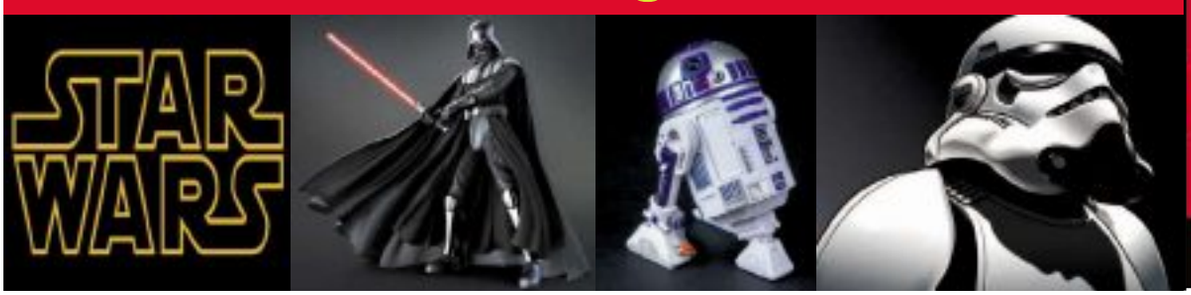

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SLIMLINE: Chris and Laura on their big day

Picture courtesy of Expression Photography

Couple whose wedding was all figured out

Determined not to be overweight on their wedding day, Laura King and Chris Wheal bit the bullet and, between them, shed 11 stone. They tell Patricia McBride how they did it.

WHEN Laura King saw Chris Wheal's advert on a dating website, she breathed a sigh of relief. Here, finally, was a man who didn't seem to need to 'big himself up' as so many others did. Instead, he sounded kind and down-to-earth, so she decided to contact him.

Nonetheless Laura, then a student midwife at Anglia Ruskin University, didn't rush into anything, and it was a few weeks later in June 2010 when they finally met. The Regal, Chris's choice, was hardly her idea of a romantic first date, but she liked what she saw and the couple began dating regularly, often enjoying big meals out together.

Eighteen months later Chris took Laura to London to see the stage show of *The Lion King* as a treat for her 26th birthday. Unknown to Laura, Chris had a surprise in mind. They went to a steak restaurant after the show and, as their main course was taken away, Chris anxiously asked Laura what she wanted for dessert. Knowing she loves sweet things Chris was in for a shock when she refused, saying she was full.

This wasn't going to plan at all, and it took quite a bit of persuading to get her to order one. When it arrived, she was so busy chatting that she didn't notice the words 'Marry Me' piped around the edge of the plate and almost scooped them off absentmindedly. Chris's romantic gesture nearly went unnoticed, and he had to take away her spoon and get her to read the message. Her smile gave him all the answer he needed.

"I hardly ate anything during the meal," says Chris, 29, from Royston. "And Laura asked if everything was OK as it was unusual, because we both love steak. I tried to pass it off as tiredness but it was really nerves. The next few minutes while we were waiting for the dessert to arrive was a nervous blur."

The couple decided to delay their wedding for two years until Laura finished her training. But because wedding venues get booked up well ahead, they started looking for the perfect setting for their special day immediately. Eventually, they settled on Parklands, Quendon Hall, a lovely old manor house in Essex with ideal grounds for romantic wedding photos.

Laura now had her dream venue, but knew that her dream wedding couldn't happen if she looked as she did. Seeing some recent photos of herself, she decided that something had to go. The woman she saw in the photos wasn't the woman she wanted to see wearing white as she walked down the aisle. So she signed up to Weightwatchers in Royston, and was

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Here, Chris tells us about the changes he made to his diet.

Before

- **Breakfast: Nothing. I realise, looking back, that it was a bad idea as I would end up snacking mid-morning with my coffee, and eating a larger lunch than I needed.**
- **Lunch: A large pack of crisps, a triple-packed sandwich or baguette, usually covered in cheese, and a bottle of cola.**
- **Dinner: This was varied, as I enjoy cooking, but always made too much and ended up eating it rather than saving some for the following day. Dishes included shepherd's pie (with lots of potato and cheese), curries with mountains of rice, or toad-in-the-hole with thick batter. And when cooking roast dinners, I would roast everything in a layer of oil.**
- **Evening: Popcorn while watching a film, or tortilla chips and dips while watching sports.**

Now

- **Breakfast: Porridge or cereal, carefully weighed, with skimmed milk.**
- **Lunch: Pasta in low-fat sauce and baked crisps, usually with fruit, and diet or 'zero' drinks.**
- **Dinner: Similar foods to before but cooked and portioned in a more controlled way, using lower-fat versions of products such as cheese, and not putting as much on. I also measure out a 'normal portion' of wholemeal rice, and my roast dinners are now cooked using fry-light with steamed veg.**
- **Evenings: More fruit if I'm hungry, but the wholemeal foods generally keep me fuller so I don't pig out as much any more!**

horrified to learn that she needed to lose five-and-a-half stone.

"I knew I never wanted to be a fat bride," she says, "and I'd wanted to lose weight for a while. Chris's proposal gave me the motivation I needed. Luckily, when I told Chris, he said we should do it as a couple and joined too."

Chris agrees: "I always wanted to lose weight because I felt a little out of place socialising with friends, trying to meet new people or when at work. I just needed the right catalyst and Laura was it."

When he was weighed they found that he needed to lose exactly the same amount – a grand total of 11 stone between them. That's 154 lbs, or a whopping 70 kilos – more than many people weigh.

While it took Chris 20 months to reach his goal, it took Laura 51 weeks to shed the weight. It wasn't always easy. As a trainee midwife, Laura not only studied at Anglia Ruskin but also did long placements at Harlow Hospital. "The combination of shift work and studying sometimes made keeping to the diet difficult," she says. "There were limited choices of meals at night at the hospital, and I'd come home too tired to think about cooking healthy low-calorie meals.

"But I had a lot of support from the group leader and Chris. I learned that if I had a bad day, I should just wipe the slate clean and start again the next day."

Not long after the engagement, with the wedding still two years away, Laura went looking at wedding dresses with her mother. "I had no intention of buying one," she says. "After all, I still had all that weight to lose. I just wanted to see what was around. But then I found it. The perfect dress. Even though I was a size 18, I bought it in a size 14 and, each time my motivation flagged, I got it out of the wardrobe and held it against myself.

"When it slipped over my hips for the first time it was amazing. It felt like my biggest achievement ever."

But only Laura and her mother knew this secret. Chris and all their family and friends kept asking her if she'd got a dress yet, and she always fobbed them off. There was always the worry that it wouldn't fit for the big day, and in fact it didn't.

It was too big. It had to be taken in by several inches.

Planning any wedding is a huge project, and Laura was studying for her finals as the big day drew nearer. She even turned down a request to be bridesmaid for a close friend who lived some distance away. "I just couldn't spare the time to go for several dress fittings," she says. On her graduation day Laura looked slender and radiant in her gown and mortarboard.

At their wedding in September this year, the couple looked slim and stunning. Laura, a 5ft 7" size 10 brunette, wore a figure-hugging, strapless dress that showed off her new figure to perfection. Six-foot Chris looked equally good in his morning suit and top hat. Laura comments that the best compliment was seeing the surprise on the faces of people who hadn't seen them for a while.

As the music started, Chris knew that Laura was walking down the aisle, but he deliberately didn't look at her until she was standing next to him. "When I saw her I was speechless," he says. "I couldn't take my eyes off her, she was so beautiful. It felt like it was just us two in the room."

Preparing for their honeymoon in Mexico, Laura enjoyed choosing tiny bikinis, something she would have hesitated about before. They put on just a little weight there, but quickly got back to counting points on their return home, and are back to their target weight.

Laura now works as a midwife at Harlow hospital, and Chris is enjoying a new job in sales and support at a mobile phone company in London. With their new home in Royston – and their new figures – they have a wonderful life ahead of them.

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GETTING HEALTHIER: Vouchers for The Sports Injury Clinic are sure to be met with a warm response

The gift of fitness is the best of all worlds!

IT can be tough to look after yourself at this time of year. The days are colder and darker making it harder to get the motivation to exercise, the gloves and hats will soon be out closely followed by the winter aches and hot on its heels... Christmas! We're on the countdown, just three weeks to go...

But help is at hand from The Sports Injury Clinic and Body Plan Fitness, with their 'SAY NO TO SOCKS' Christmas campaign, in support of giving someone a LIFE CHANGING GIFT. The 'No More Socks Campaign' is focused on encouraging people to give loved ones gifts that could get them back to their chosen sport, get rid of their back pain for good or shed a couple of dress sizes in favour of a healthier and happier lifestyle.

Lee Petrucci, director of The Sports Injury Clinic and Body Plan Fitness, said: "According to the *International Business Times*, the amount spent on unwanted Christmas gifts last year was £2.6bn. Don't be a statistic this year. Instead of gifts that are grabbed last-minute in a rush, how good would it be to choose a gift safe in the knowledge that it could actually change someone's quality of life?"

Vouchers can be bought online or in one of their seven clinics (including Newmarket Leisure Centre, and Fordham House in Fordham village) starting at £35, and include a Christmas card, envelope and ribbon, perfectly wrapped up for Christmas.

Obviously the Christmas holidays are extremely busy and can also be very indulgent with everyone tucking into sumptuous Christmas fare and enjoying the hospitality of family and friends. In short, health and fitness at this time of year is probably not going to be high up on many Christmas lists.

But there are some great ways to keep yourself in tip-top shape this winter and still enjoy the celebrations, without feeling like you have to make amends with flaky new year's resolutions come the new year.

Merry Fit-mass top tips

• If you feel you are just too busy with Christmas prep to fit exercise into your day remember that even a couple of sessions of your normal routine will help to keep your fitness, rather than do nothing at all.

• If you get invited to loads of indulgent Christmas parties and know you may overdo the eating and drinking, look for some healthy alternatives. Go organic, switch sugar for a natural substitute and go for quality not quantity!

• If you need help with healthy Christmas food options, we've got the answer in the Body Plan Clean Eating Cook Book, available to order at our Fordham clinic. All recipes are made with non-processed ingredients, foods in their most natural state full of the good stuff to keep your immune system boosted over the winter months: a perfect Christmas pressie!

• Take Vitamin D. In the northern hemisphere, the winter sun is too far away for UVB rays to reach us effectively so we end up not making enough vitamin D. It helps with loads of things from aches pains to a healthy immune system, helping you fight infection. Your local health store has lots of options, from tablets to spray formulas.

• Having regular massage will keep you in great nick! At the clinic we offer a Winter Warmer Massage using special oils designed to clear airways, aid your immune system and warm your muscles and joints. We use deep massage strokes to improve circulation and loosen tight cold muscles, relieving winter aches and pains. We have also just installed new heated couches in the clinics too! Imagine giving that to someone for Christmas...

For more information and LIFE CHANGING GIFTS from The Sports Injury Clinic and Body Plan Fitness go to *thesportsinjuryclinic.org* or

Newmarket News

Christmas

2014

RECIPES | HAMPERS FROM THE PANTRY | SWEETS GALORE FROM MR SIMMS OLDE SWEET SHOPPE | CHRISTMAS FROM AROUND THE WORLD

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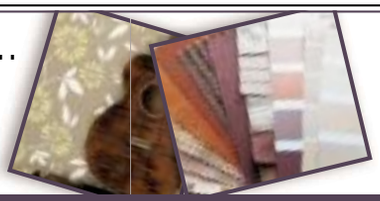

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Christmas 2014

A Christmas Cocktail: Gingerbread and Apple Martini

With the nights drawing in, settling down with a glass of something festive is always comforting. Mulled wine and eggnog are traditional tipples, but this spiced cocktail offers a contemporary alternative. Stoke the fire, pop on a Christmas film, and settle in for the evening.

Method:

1. Edge the rim of a chilled martini glass with agave syrup, then through the biscuit crumbs so that they stick.
2. Pour all other ingredients bar the orange zest into a Boston glass and shake vigorously.
3. Strain the cocktail into a glass, and grate the orange zest on top to serve.

You will need:

55ml Domaine de Canton ginger liqueur
30ml vanilla vodka
70ml apple cider
Few drops of lemon juice
Orange zest
Agave syrup
Digestive biscuit crumbs

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Christmas 2014

WITH Christmas fast approaching, it's a busy time for Mr Simms Olde Sweet Shoppe in Newmarket.

The confectionery shop, in The Guineas, is popular all year round with locals. With its enticing – and huge – array of retro sweets, displayed in 300 jars at the back of the shop, people love dropping in to rediscover those treasured childhood favourites, or sample something new.

Liquorice aficionados are also well served, with the "proper" strong, salted varieties included in the shop's range, and fans of American chocolates and sweets are sure to find what they are looking for as well.

Their huge range of lollipops, in every flavour you could think of, are always in demand, as is their brilliant selection of pick 'n' mix. With 80 different items to choose from, all kept away from grubby hands behind glass, it's not surprising that this has proved such a draw.

Having just celebrated their first birthday last Saturday (complete with delicious cake handed out to customers old and new), franchise-owner Carol Owen has been delighted by the popularity of this wonderful, nostalgic sweet shop. As well as older people popping in to relive fond childhood memories, the kids of today are also amply provided for, with everything from 10p pocket money treats upwards, in their range of modern confectionery. In a nod to the town's particular heritage, their range of chocolate horses' heads went down so well that they completely sold out!

With the festive season now nearly upon us, the shop is, as you would expect, full to the brim with Christmas delights, from their wide range of candy canes (in flavours including sour cherry, strawberry, tutti frutti and cola) to traditional sugar mice, scrummy Turkish delight to a selection of chocolate decorations to bedeck your tree.

So if you fancy rediscovering some of your most treasured childhood treats, tasting something new, or getting ready for Christmas with some delicious treats for yourself and your family, make sure you pop in to Mr Simms Olde Sweet Shoppe when you are next out Christmas shopping!

A real old fashioned sweet shop
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Christmas 2014

Winter Wonderland

THIS year, in the run up to Christmas, Newmarket's popular Memorial Garden will undergo a magical transformation!

Dusted in snow, with subtle lighting to illuminate its magnificent surroundings, the garden will become a Winter Wonderland. With an ice rink as the star attraction, the whole area will be full of fun, laughter and excitement for adults and children alike.

As well as the ice rink (don't forget ear muffs and gloves!), there will be a wealth of other attractions, from food vendors to a craft market and – of course! – a visit from Father Christmas. There will even be entertainments laid on, including the amazing illuminated marching band Spark!, as well as the Newmarket Town Band, jugglers and stilt walkers.

Opening day, on Saturday December 20 from 4pm, will be marked by ice sculptures on the High Street, and don't miss Spark! parading from The Guineas Shopping Centre down the length of the High Street into the Memorial Gardens themselves, setting off at 4.30pm.

After this, you will be able to visit the Winter Wonderland and enjoy this magical Newmarket event each day from 11am to 8pm, until December 23, and from 11am to 1pm on Christmas Eve.

Entry is free of charge, with just a small charge of £2.50 for those who wish to use the ice rink.

Don't miss out on this fabulous festive fun!

For more information, contact Newmarket Town Council on (01638) 667227.

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Why not have a go at our seasonal quiz –it'll send you Christmas crackers!

Gather friends and family around, and see who is the star at the top of the tree when it comes to Christmas fact know-how, with our just-for-fun Christmas Quiz.

1 According to the famous song Rudolph the Red Nosed Reindeer (there's one to start you off!) how many reindeer did Santa have? Can you name them all?

2 Between what time period is it considered "lucky" to eat mince pies, according to yuletide tradition?

3 The Queen's Speech is an annual institution in the UK. But what year was it first televised?

4 What important Christmas accessory was invented by Thomas Smith, and in what decade?

5 What country is the traditional Christmas flower – the poinsettia – native to?

6 To the nearest million, guess how many Christmas trees are grown each year in Europe (clue: it's a quite astonishing quantity!)

7 What Christmassy song was the first song ever to be broadcast from space?

8 What did the "true love" send on the Eighth Day of Christmas, according to the popular Carol? Lots of extra points if you can name all of the gifts that were given to the lucky object of affections in the song.

9 What was the length and width of the record-breaking largest Christmas stocking (made by the Children's Society in 2007)?

10 Which country's Christmas traditions include using spiders in their festive decorations – and why?

1) Dasher Dancer Prancer Vixen Comet Cupid Donner Blitzen Rudolph **2)** Christmas Eve to Twelfth Night (one each day for a lucky month the following year) **3)** 1957 **4)** The Christmas cracker, and the 1840s: 1847 to be specific. **5)** Mexico: it was brought to USA where it was popularised in the 1820s by Joel Poinsett, after whom it has been named. **6)** A whopping 60 million! **7)** Jingle Bells, sung by Gemini 6 astronauts Tom Stafford and Wally Schirra in December 1965 during their mission. **8)** Eighth day: Eight maids-a-milking, The whole gift set is: Twelve drummers drumming, Eleven pipers piping, Ten lords-a-leaping, Nine ladies dancing, Eight maids-a-milking, Seven swans-a-swimming, Six geese-a-laying, Five golden rings, Four calling birds, Three french hens, Two turtle doves, And a partridge in a pear tree. **9)** An impressive 32.5m (106 ft 9 in) long, 14.97m (49 ft and 1 inch) wide. It was large enough to hold nearly 1000 presents! **10)** Poland – spiders and webs are common Christmas tree decorations because according to legend a spider wove a blanket for the newborn Baby Jesus. Polish people consider spiders to be symbols of prosperity and virtue at Christmas time.

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Christmas 2014

Christmas around the world

IN the UK the most popular Christmas dinner, since Victorian times at least, has involved a roast turkey or other poultry (geese, chickens and ducks are other popular choices) with all the trimmings – stuffing, cranberry sauce, bread sauce. The selection of vegetables and other side dishes can range from the love-them-or-hate-them brussels sprouts to the more conventional carrots and parsnips, not forgetting delicious roast potatoes. The meal is often rounded off with a traditional Christmas (or plum) pudding, served with brandy butter or cream. If there's room at the end of all this, mince pies or even trifle are also offered, not forgetting a chocolate-y yule log.

Around the world, Christmas traditions vary. Some countries focus their celebrations on Christmas Eve instead of December 25th. In Brazil, the pre-Christmas feast includes Couve a Mineira (garlic kale), luscious fruits, Brazil nuts and zesty rice, along with platters laden with ham and fresh salad. Austrians dine on fried carp, their famous Sacher Torte (an indulgently rich chocolate tart) and biscuits such as lebkuchen and sterne. Danes are partial to roast pork, complete with crackling, while Czechs prefer fish and potato salad on Christmas Eve. In Iceland dinner is served at 6pm on December 24, and will probably involve Hamborgahryggur – a kind of gammon steak, and even roast reindeer, ptarmigan and smoked lamb.

If curry is your thing, you might want to think about celebrating yuletide in India. Biryanis, mutton curries and sweets such as kheer are all on offer there. From the Philippines – where a queso de bola (literally a ball of cheese) is served up to accompany a cured leg of pork – to the Swedish Christmas smorgasbord, it seems that there are as many different Christmas culinary traditions as there are countries that celebrate it. Wherever you are on the day, and however you choose to mark the day, we wish you a very happy time!

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Christmas 2014

Christmas Cornflake Wreaths

Baking is a great way to keep the kids occupied during the school holidays. This festive variation on the classic krispie cake will be sure to get them in the kitchen. The easy recipe for 14 wreaths makes a fantastic gift idea for the grandparents or a favourite teacher, or just nibbled as a fun teatime treat. Let youngsters take turns to stir the mixture, and then gleefully lick the spoon!

Method:

1. Melt the butter in a large saucepan over a low heat, stirring frequently to ensure it doesn't burn.
2. Once the butter has melted, add the marshmallows and continue to stir until they have melted too. Add the food colouring gradually until the mix reaches the desired shade.
3. Empty the Corn Flakes into a large bowl, and pour over the melted marshmallows. Stir until the cereal is well coated.
4. Lay a sheet of grease proof paper over a baking tray and spoon on golf ball-sized mounds of the mixture. Allow a little space between each heap. Use a finger to hollow out the middle of each to form the ring shape.
5. Decorate with the miniature Smarties, and put in the fridge to set for at least 45 minutes.

You will need:

75g butter
565g miniature marshmallows
1tsp green food colouring
180g Corn Flakes
Handful of miniature Smarties

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ALL year round, The Pantry in Newmarket prides itself on showcasing the very best produce that East Anglia has to offer.

And now, in this festive season, they are delighted to be able to offer a fabulous range of Christmas hampers and gifts which once again make the most of the abundance of amazing produce from our region, as well as some unique items from around the world that you won't find in the supermarkets.

Each hamper in the range has been thoughtfully put together and beautifully presented. And unlike many Christmas hampers that you could buy elsewhere, The Pantry's "all killer, no filler" policy means that they are fairly and economically costed: with only the price of the individual items plus the gift-wrapped hamper itself charged for.
Ready-made hampers range from the tasty Home Made Preserve Gift Tray, with four different delicious jams, marmalades, chutneys and pickles (and the option to select your own choice of flavours), the Man Food Selection Tray (think chip shop curry sauce, beer and ale-based jelly, chutneys, pickles, boozy jams), the deliciously different Pelagonian Meze Gift Tray (full of spicy delights like stuffed cherry peppers, pepper and aubergine dips, wild green fig jam) or a Jeeves and Jericho Tea Lovers Basket, for the cuppa connoisseur in your life.
Choose something special for the special person in your life with the For Her Gift Tray or Hamper, or the For Him Gift Basket or Hamper. You can even bring a bit of Mediterranean sunshine to the cold December nights, with the Mediterranean range of hampers, or keep things closer to home with The Suffolk Hamper.
The Classic Festive Hamper is a showstopper: crammed full of all the wonderful foodie treats you would want, including pate, chutney, honey, crackers, jam, marmalade, shortbread, chocolate, praline and some fine wines, among other delights, only topped by the treasure trove that is the ultimate hamper gift: The Pantry Hamper. With a multitude of gorgeous, luxury contents too long to list, this really is the Christmas hamper of your most festive dreams.
The Pantry really has catered to all tastes with their wonderful array of foodie gifts this year. If you want to find out more, why not browse their selection online at thepantryfinefoods.com/Christmas-hampers, pop in to discuss further at **Unit 17, The Guineas, telephone Nikki their Christmas Elf on (01638) 661181 or email pantrynewmarket@gmail.com.**

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Here at The Pantry, we have a selection of Christmas hampers to pre-order stocked full of local produce and unique world products. You can either choose from our range or build your own. Prices start from £16.50 up to £150.

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Newmarket News

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Along with its beauty, Bruges is known around the world for its fine export of chocolate and beer. Choose from a variety of optional and included excursions for the best way to experience this splendid city, along with the chance to visit the emotive region of Flanders.

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- Return Eurostar from London to Lille
- Coach transfers
- Three nights' bed & continental breakfast in central Bruges
- Walking tour of Bruges
- Visits to Ypres, Tyne Cot Cemetery & a Bruges chocolate shop
- Services of our Tour Manager

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Departing on 13 February & 20 March 2015

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Join our five day tour for the experience of a lifetime as we travel aboard the world's slowest express train, with views of mountain peaks, steep ravines and picturesque villages made even more enchanting when the snow has fallen and transforms the entire landscape as if by magic.

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ABTA ABTA No.W0552

Newmarket News

2015 River Cruises

ms Serenity

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ms Serenity

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Panorama Deck

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Prices Includes:

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ABTA ABTA No.W0552

Newmarket News Short Breaks

Bath & Oxford

Departing on 22 March 2015

For over 800 years Oxford has been a home to royalty and scholars and to this day it remains a prestigious city. The colleges and universities offer some of the country's most breathtaking architecture, which testify to the title 'city of dreaming spires'. Likewise, Bath boasts superb Roman remains along with impeccable historic credentials, which have all led to this beautiful city being bestowed with World Heritage status. Together they attract millions of visitors each year and have something to offer for everyone, so join our great value break and visit two of England's finest cities.

Prices Includes:

- Private coach travel from your local area
- One night's stay with cooked breakfast
- Visit to Oxford
- Visit to Bath

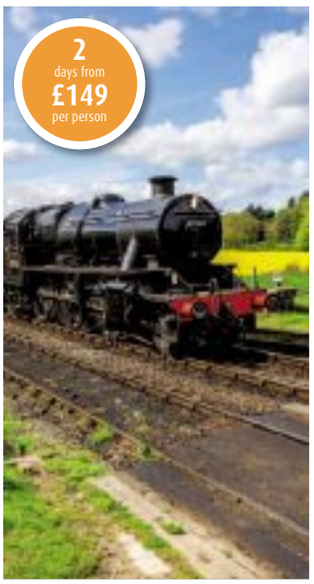
Mystery Valentine's Weekend

Departing on 14 February 2015

Don't just 'say it with flowers' this Valentine's Day – surprise your partner with a planned weekend away for just the two of you. All you have to do is reserve the coach seats and pack an overnight bag. The worry and hassle of where to stay and what to do is all arranged for you. You can simply concentrate on spending two carefree relaxing days with your partner – something you surely both deserve. You will be accommodated overnight in an en suite room in a comfortable 3 star standard hotel, with your evening meal and breakfast included in the price.

Prices Includes:

- Private coach travel from your local area
- One night's stay with three course evening meal & cooked breakfast



Severn Valley Railway Spring Steam Gala

Departing on 21 March 2015

This wonderful event stirs up distance memories of a simpler time, when steam trains reigned supreme. As well as the traditional line up of beautifully restored celebrity steam locomotives, there will be a host of attractions held at each station, and we also enjoy a steam hauled trip along the full length of the line.

Prices Includes:

- Private coach travel from your local area
- One night's stay with three course evening meal & cooked breakfast
- Visit to Blists Hill Victorian Town
- Visit to the Severn Valley Railway Spring Steam Gala
- Journey on Severn Valley Railway from Bridgnorth to Kidderminster

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What's on 30 Films 30 Gardening 30

the GUIDE

Frank Skinner

■ Frank Skinner: Man In A Suit, Cambridge Corn Exchange, Friday, December 12.

THE 57-year-old funny man from West Bromwich has extended his wildly successful Man In A Suit tour and added a Cambridge Corn Exchange date, luckily for us.

The stand-up won the Perrier Award in 1991, and has since forged a career spouting close to the bone jokes and working repeatedly with fellow comedian David Baddiel on the likes of Fantasy Football League and the Three Lions single they released for Euro '96 (oh the tears).

More recently he's been in the news for sharing his feelings on the financial crash (he almost lost everything) and for giving a high profile interview to Jonathon Ross, baring all over being a "reckless alcoholic" who slept rough on occasion and led a – in his words – "strange life". He's been sober since 1986 though, and has appeared alongside Peter Capaldi in the new series of Doctor Who (we're not jealous, no, not at all!), so we believe it when we're told he's still on top of his game.

Time Out gave Man In A Suit four stars and said it "sees Skinner on fine form: warm, chatty and self-deprecating," – just how we like him. It's pricier than tuning in to his show on Absolute Radio on a Saturday morning, but still, it should be a right laugh.

Frank Skinner: Man In A Suit, Cambridge Corn Exchange, Friday, December 12, at 7.30pm. Tickets £30 from (01223) 357851 / cornex.co.uk.

It's always great to receive happy feedback, thanks Sara!

classified market PLACE

To: ads@localworld.co.uk
Subject: Classified Marketplace

Classifieds Team

I was amazed at the effectiveness of the free ads I sold all my toys and some others at 8.30 am on Thursday morning and got lots of other interest too. I was delighted to sell them so easily without having to package and post items it was brilliant!!!!

Many Thanks Sara

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■ Jimmy Carr: Funny Business, Cambridge Corn Exchange, Saturday, December 6, at 8pm.
Tickets £25 from (01223) 357851 / cornex.co.uk.

Jimmy Carr

TO be honest, there isn't much more to add to our repeated previews of Jimmy Carr.

The man is here too often to write anything overly fresh about him.

It makes you worry that he won't have all that much to say for himself – that we haven't already heard, don't worry, we're fully aware how much he can blabber in his tightly controlled manner – once he's back up on that Cambridge Corn Exchange stage again.

He's clearly just rather fond of those worn, wooden treads (he was here in November too, don't blame us for just plagiarising ourselves, copying, pasting and reprinting this spiel).

Last autumn we tallied 25 Corn Exchange appearances, and now, the master of the one-liner and high-pitched honking laugh, returns once again with his latest show, Funny Business.

Expect many a manicured gag from the suited and booted 8 Out of 10 Cats host.

Famed for his dark humour, as well as his tax arrangements, the Gonville and Caius alumnus (hence his Cambridge addiction) says: "Come for the witty and incisive musings on the human condition; stay for the knob gags." Charming that is.

Rembrandt makes screen debut

DON'T fret if you think you'll struggle to get to The National Gallery to see the new Rembrandt exhibition.

The clever team behind documentary film, EXHIBITION ON SCREEN: Rembrandt from the National Gallery London and Rijksmuseum Amsterdam, has successfully embarked upon a mission to share Rembrandt's later masterpieces with those stationed outside London.

The idea is you skip a trip to the station, and grab a large popcorn instead, before settling in for a behind-the-scenes look at the exhibition featuring moments when it was being set up and curated, as well as a private, close up view of the show without the hustle and bustle of being there in person.

A spokesperson for EXHIBITION ON SCREEN said: "Rembrandt's creativity gathered new energy in the closing years of his life.

"It is the art of these late years – soulful, honest and deeply moving – that indelibly defines our image of Rembrandt the man and the artist.

"This landmark exhibition is a unique opportunity to experience the passion, emotion and innovation of Rembrandt."

Expect insights into how the artist composed and painted his pieces, how he developed his techniques and hear from experts and the show's talented curators Betsy Wieseman and Jonathan Bikker.

Director Phil Grabsky said: "Rembrandt is one of those artists frequently called an all-time great but to really understand the biography you need to look at the detail, to have someone explain what we're looking at and why it's significant, to really grasp why he's so revered.

"That is exactly what we do in these films."

See the film at Cambridge Arts Picturehouse on Monday, December 8, at 6.30pm. Call 08719025720.

gardening

Christmas tips for trees

THE festive season for Christmas trees seems to have jumped a month, as retailers have now been selling real trees for several weeks to the public, despite advice from the British Christmas Tree Growers Association not to buy your tree earlier than December 1.

Homebase, B&Q and Asda have had trees in some of their stores for several weeks, while even John Lewis has started selling real trees online for the first time.

I personally remain unconvinced about buying a Christmas tree online as shapes do vary and there is limited scope for returning it if it's too wide, dense or simply doesn't fit the shape of your space.

But if you've already decked the halls with boughs of holly and put the baubles and tinsel on your Christmas tree, how are you going to stop it from looking like a dried-up old offering by December 25, with more needles on the floor than on the branches?

Well, if you are still looking for a cut real tree, make sure you saw around an inch off the base, which will open the

by Hannah Stephenson

pores of the tree, albeit temporarily. You need to plunge the tree butt in a bucket of water immediately after cutting it, so the tree can absorb moisture and the pores don't have a chance to close up again.

When the tree is brought indoors, mount it in a water-holding stand and place it away from direct heat, such as a radiator. Keep the container topped up with water every day; you will be surprised how much the tree drinks.

When buying your tree, Harry Brightwell, secretary of the British Christmas Tree Growers Association, advises: "A fresh tree will have a healthy green appearance with few browning needles.

"Needles should be flexible and not fall off if you run a branch through your hand. Raise the tree a few inches off the ground and drop it on the butt end. Very few green needles should drop off the tree but it is normal for a few inner brown needles to drop off."

Prices are likely to be much the same as last year. B&Q is charging £35 for a medium Nordmann fir (4ft 11in-6ft 6in) and £20 for a similar sized Norway spruce, while from Homebase a 5ft-6ft cut Nordmann fir is £35 and a similar sized Fraser fir is £30.

About 80% of the trees sold are Nordmann fir, around 10-15% Norway spruce, and the remainder are lesser known varieties including the Fraser fir.

Gardeners may opt for container-grown trees, grown in pots from seedling stage, which are able to develop a good root system and can be planted in the garden afterwards. However, beware of similar-sounding 'containerised' trees, warns Which? Gardening, the Consumers' Association magazine. These trees are grown in a field then dug up and put into a pot

just before sale. They often lose a lot of roots in the process and looked dull and lifeless at the end of a trial carried out by Which?

Those keeping a container-grown tree should:

■ Keep it in the house for no more than two weeks. If necessary, you can keep your tree in a sheltered spot outside until you're ready to bring it in.

■ Put a saucer under the pot to protect your furniture/floor, or place the pot inside another one without drainage holes.

■ Choose a cool spot, away from radiators and fires, to prevent the tree from overheating. It should have some natural daylight.

■ Water regularly and don't let it dry out – but don't leave it sitting in water.

■ To keep the tree growing after the festive season, put it outside initially in a sheltered spot, covering it with horticultural fleece if hard frost is forecast.

■ Repot the tree every few years when its roots outgrow the container.

■ The full report on potted Christmas trees can be found in the December issue of Which? Gardening. For more information, visit www.which.co.uk/signup

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Newmarket News

PROPERTY NEWS

December 3, 2014

The area's number one for property for sale and to rent

Feature Homes - page 41

What's hot on the property market

pocock&shaw

Residential Sales, Lettings & Management

T 01638 668284
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Moulton £455,000

NEW

An impressive and a smartly presented detached modern house set in a sought after village location with spacious light and airy accommodation throughout.

The property includes 4 bedrooms, 2 bathrooms, 3 reception rooms, conservatory, delightful landscaped gardens, off road parking and double garage. Early viewing is highly recommended. EPC: TBC

Newmarket £330,000

NEW

A detached and extended 3 bedroom family house set within a pleasant cul de sac in a desirable residential area to the south of the town centre and close to a highly regarded primary school and train station. This property has the potential to convert to 4 bedrooms.

The accommodation in brief comprises of a porch, hall, lounge/dining room, kitchen/breakfast room, utility room, shower room, first floor family bathroom, garage, enclosed garden and off road parking. EPC: TBC

Newmarket £499,000

CHAIN FREE

Situated within a highly regarded residential area to the south of the town centre a most interesting, 5 bedroom family house providing exceptionally spacious and versatile accommodation extending to about 2600sqft.

This substantial detached family house is extremely versatile with very spacious family living which could be designed to provide annex accommodation if required. EPC: D

Cheveley £350,000

CHAIN FREE

A detached 2 bedroom property set in large attractive gardens understood to be just over a third of an acre, which enjoys a delightful outlook to the rear over paddock land in a highly desirable Cambridgeshire village.

The bungalow offers huge scope for further development or potential as a building plot for one or two residential dwellings, subject to consent.

EPC: TBC

Chippenham £400,000

CHAIN FREE

Set within the beautiful grounds of Chippenham Park and with origins dating back to the 17th Century a stunning 3 bedroom Grade II* listed stable conversion providing elegant accommodation of character.

Entrance hall, sitting room, study, kitchen/ breakfast room, cloakroom, 3 bedrooms, en suite and family bathroom, double garage.

Newmarket £325,000

CHAIN FREE

A detached single storey residence situated in a convenient & highly regarded residential area north of the town centre & close to local shopping facilities.

This delightful property boasts a large conservatory, a generous sized garden, garage & ample off road parking.

EPC: D

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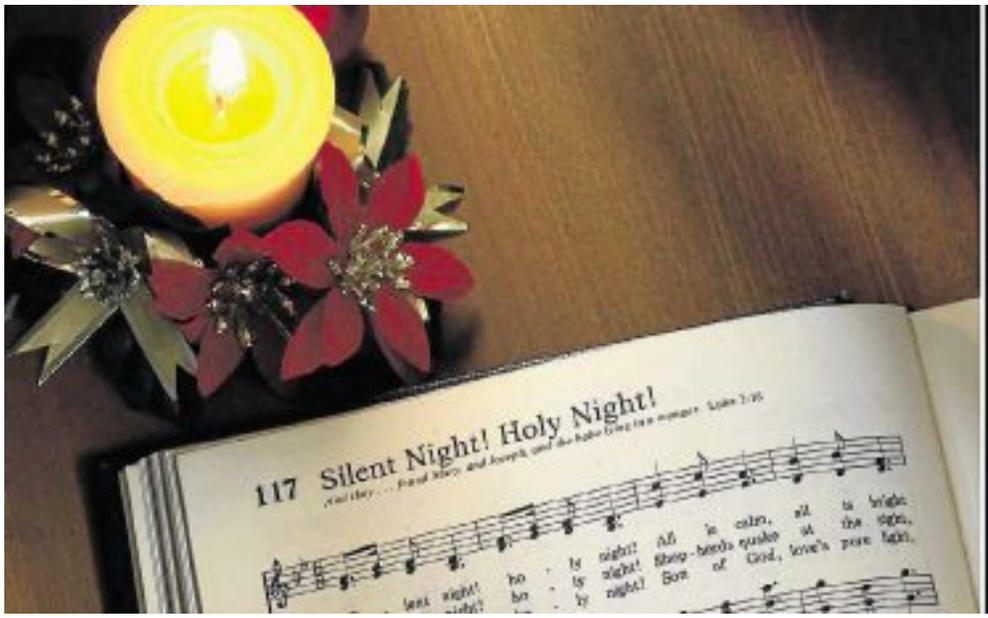

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Helping combat the causes of homelessness at Christmas

Monday 8th December 2014, 7.30pm - 8.30pm

Mince pies and mulled wine from 7.00pm

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9a Bridge Street, Cambridge CB2 1UB

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STRADISHALL *offers over £799,995*

A deeply impressive 1930s residence of enormous proportions offering eight bedrooms, four reception rooms and a two acre plot to include a swimming pool. EPC Rating G.

NEWMARKET *guide price £700,000*

An absolutely stunning, four double bedroom contemporary residence set within approximately 0.4 of an acre and situated in a highly regarded, sought after location. EPC Rating C.

WITHERSFIELD *SOLD STC*

A charming Grade II listed detached home occupying a mature plot of approximately 0.75 acres and offering five bedrooms, four reception rooms and double cart lodge. EPC Exempt.

GAZELEY *guide price £499,500*

An imposing four bedroom period property offering three en suites and two reception rooms, which boast high ceilings, deep bay windows and open fireplaces. EPC Rating E.

NEWMARKET *guide price £495,000*

An opportunity to acquire a substantial five bedroom Grade II listed town house, occupying a generous plot, including parking and located within the heart of the town. EPC Exempt.

STURMER *guide price £485,000*

A delightful Grade II listed, timber framed former farmhouse with three bedrooms and additional barn conversion, occupying a generous plot to include beautiful gardens. EPC Exempt.

GAZELEY *SOLD STC*

An imposing four bedroom detached family home with double garaging, occupying a sizeable plot and offering views over an open green area in this popular village. EPC Rating D.

WITHERSFIELD *SOLD STC*

A Grade II listed, partly thatched three bedroom cottage, tucked away off the village green and boasting charming character features plus a stylish kitchen. EPC Exempt.

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GUIDE PRICE £237,000

An attractive and well situated apartment located on the top floor of a highly regarded building just off Newmarket's High Street. Accommodation briefly comprises two double bedrooms, a family bathroom and an open-plan kitchen and living area. Ideal investment property with tenant in situ currently paying £990 pcm. EPC C.

WHEPSTEAD

This attractive barn conversion is located 5 miles from Bury St Edmunds and 13 miles from Newmarket. Accommodation includes three double bedrooms, two bathrooms, sitting room and kitchen/dining area. EPC D.

£1100 PCM

NEWMARKET

Ideally located a short walk from Newmarket High Street, this semi detached house benefits from three bedrooms, family bathroom, kitchen and living room. Externally there is an enclosed rear garden and off-road parking. EPC D.

£850 PCM

LET AGREED

NEWMARKET

LET AGREED
SIMILAR PROPERTIES REQUIRED TO MEET DEMAND

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LET AGREED

NEWMARKET

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WHATLEY LANE

www.wlea.co.uk

NEW

NEWMARKET **GUIDE PRICE £185,000**

This period mid terrace property is situated in a well regarded location close to Newmarket's High Street. The property offers spacious accommodation throughout including two double bedrooms, large bathroom, large living room with feature fire and kitchen. Externally the property offers enclosed rear courtyard garden. Viewing Highly recommended. NO UPWARD CHAIN. EPC E.

STOW CUM QUY **GUIDE PRICE £450,000**

Unique opportunity to purchase this recently extended and refurbished chalet style bungalow. Accommodation briefly comprises of four double bedrooms, two en-suite's, family bathroom, kitchen and large open plan living/dining room. Externally the property benefits from ample off-road parking, single garage and rear enclosed garden. EPC D.

NEWMARKET **GUIDE PRICE £159,000**

This Victorian mid-terraced house is located close to Newmarket Town Centre. Offering versatile accommodation including two bedrooms, kitchen, sitting room and bathroom. Externally the property benefits from an enclosed rear garden with patio area. Ideal for investors or first time buyers. NO UPWARD CHAIN. EPC E.

Whatley Lane Estate Agents 13 High Sreet, Newmarket, CB8 8LX. Telephone: 01638 561187 Email enquiries: newmarket@wlea.co.uk

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SIX MILE BOTTOM

A spacious recently refurbished detached family house with a good sized garden and conveniently located for the A11/A14.
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Guide Price £439,000 FF59274

GREAT BRADLEY

A spacious family house in a sought after village with an attractive garden and single garage.
Entrance Porch • Hall • Sitting Room • Dining Room • Family Room • Study • Kitchen/Breakfast Room • Utility Room • Cloakroom • Landing • Master Bedroom with En-Suite Shower Room • Three Further Bedrooms • Family Bathroom • Driveway and Parking • Single Garage • Enclosed Rear Garden. EPC Rating 'D'.

Guide Price £380,000 FF58695

WEST WRATTING

An impressive and exceptionally spacious 5,340 sq ft architect-designed house in a sought after Cambridgeshire village.
• Hall • Drawing Room • Study/Library • Kitchen/Dining/Sitting Room • Utility Room • Boot Room • Cloakroom. Master Bedroom with En-Suite Bathroom and Steam Shower • Guest Bedroom with Dressing Room and En-Suite Bathroom • Three Further Bedrooms and Family Bathroom • Driveway and Parking • Double Garage • Large Central Courtyard • Storage Shed • Potting Shed • Attractive Gardens and Paddock. EPC Rating 'E'.

Guide Price £1,375,000 FF59065

STETCHWORTH

A beautifully presented Arts and Crafts house offering extensive accommodation on the edge of this desirable Cambridgeshire village.
• Drawing Room • Sitting Room • Dining/Family Room • Study • Playroom • Kitchen • Utility Room • Cellar and Store Room • Landing • Master Bedroom with En-Suite Bathroom • Four Further Bedrooms and Three Bath/Shower Rooms • Driveway and Parking • Garaging • Two Bay Cart Lodge with One Bedroom Annexe • Indoor Heated Swimming Pool with Sauna • Steam/Wet Room • Cloakroom • Games Room and Gym. 7/8 Stables • Paddocks • Landscaped Gardens • 3 Bedroom Detached Cottage.

Guide Price £2,450,000 FF55719

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A well presented and well proportioned former Coach House with a delightful enclosed terraced garden.
• Entrance Hall • Sitting/Dining Room • Study • Kitchen/Breakfast Room • Cloakroom. Landing • Master Bedroom with En-Suite Shower Room • Bedroom 2 and Bathroom. Allocated and Visitors Parking • Enclosed Garden and Communal Grounds.

Guide Price £329,000 **FF39755**

CHIPPENHAM

A substantial family house enjoying countryside views and set within delightful mature grounds.
Hall • Sitting Room • Dining Room • Garden Room • Study • Kitchen/Breakfast Room • Utility Room • Cloakroom • Landing • Master Bedroom with En-Suite Shower Room • 3 Further Bedrooms and Bathroom • Driveway and Parking • Integral Double Garage • Office • Outdoor Heated Swimming Pool • Sauna with Shower • Hot Tub • Large Mature Gardens. EPC Rating 'E'.

Guide Price £769,000 **FF57270**

NEWMARKET

A superbly presented first floor apartment situated in this highly regarded development with communal gym facilities.
Communal Entrance Hall • Entrance Hall • Sitting Room • Kitchen/Dining Room • Cloakroom. Master Bedroom with En-Suite Bathroom • Bedroom 2 with En-Suite Shower Room. Allocated and Visitors Parking • Communal Gardens • Gym and Sauna. EPC Rating 'C'.

Guide Price £299,950 **FF53724**

SNAILWELL

A substantial Grade II Listed village house with an adjoining Tithe Barn, range of outbuildings and south facing gardens, delightfully situated on a quiet 'no through' road overlooking the Church of St Peter.
• Drawing Room • Sitting Room • Dining Room • Family Room • Kitchen/Breakfast Room • Scullery • Utility Room • Cloakroom • Cellar. Master Bedroom with En-Suite Bathroom • Six Further Bedrooms and Three Further Bathrooms. Driveway and Parking • Single Garage • Tithe Barn • Open Bay Cart Lodge/Store and Large Garden.

Guide Price £725,000 **FF56935**

NEWMARKET

An outstanding contemporary house within walking distance of the town centre and enjoying views over paddocks.
Hall • Sitting Room • Dining Room/Study • Garden Room • Kitchen/Breakfast Room • Utility Room • Cloakroom • Landing • Master Bedroom with En-Suite Bathroom • 3 Further Double Bedrooms with En-Suite Bath/Shower Rooms • Driveway and Parking • Integral Double Garage and Enclosed Landscaped Garden. EPC Rating 'C'.

Guide Price £750,000 **FF58059**

NEWMARKET

An attractive and deceptively spacious detached family house with spacious accommodation located on a quiet no through road on the edge of the town.
Hall • Drawing Room • Sitting Room • Play Room • Kitchen/Dining Room • Utility Room. Ground Floor Guest Bedroom with En-Suite Bathroom • Bedroom 3 and Shower Room • Master Bedroom with Dressing Room and En-Suite Bathroom • 2 Further Bedrooms and Bathroom. Driveway and Parking • Large Enclosed Garden. EPC Rating 'D'.

Guide Price £639,000 **FF57572**

Newmarket **01638 662231**

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WICKHAMBROOK

An impressive country house with separate lodge house, superb equestrian facilities and 44 acres of land (STS).
Reception Hall • Drawing Room • Dining Room • Family Room • Kitchen/Breakfast Room • Utility Room • Study • 2 Cloakrooms • Boot room • Basement • Games Room • Master Bedroom with En suite Bathroom and Dressing Room • Three Further Bedrooms (2 with En suite) • Family Bathroom • Playroom • Two Attic Bedrooms • EPC Rating 'D'.

Guide Price £3,500,000 FF56493

STETCHWORTH

An outstanding period village house with lovely views and superb grounds extending to 2.09 acres (sts).
• Entrance Hall • Reception Hall • Drawing Room • Dining Room • Garden Room • Kitchen/Breakfast Room • Utility Room • Laundry Room • Cloakroom • Cellar • Landing • Master Bedroom with En-Suite Bathroom • Three Further Double Bedrooms all with En-Suite Bathrooms • Annexe Bedroom 5 with En-Suite Bathroom with Bedroom 6/Office and En-Suite Bathroom • Driveway and Parking • Two Bay Cart Lodge • Garden Store • Outbuilding • Large and Private Mature Grounds. EPC Rating 'G'.

Guide Price £1,850,000 FF58920

KIRTLING

A substantial contemporary architect designed house enjoying countryside views and attractive grounds extending to 2.5 acres (sts) in all.
• Entrance Hall • Sitting Room • Dining Room • Family Room • Study • Kitchen/Breakfast Room • Utility Room • Shower/Cloakroom • Cloakroom. Landing • Master Bedroom with Dressing Room and En-Suite Bathroom • Guest Bedroom with En-Suite Shower Room • Two Further Bedrooms • Games Room/Bedroom 5 • Family Bathroom and Sauna Room. Driveway and Parking • Triple Garage • Indoor Heated Swimming Pool • Large Garden and Paddock. EPC Rating 'E'.

Guide Price £1,100,000 FF57699

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Development Opportunity

Wicken **£350,000**

A unique opportunity to purchase a three bedroom detached bungalow in a popular village location with detailed planning permission for a three bedroom detached house adjacent. The bungalow comprises of the following:- Entrance Hall, Lounge, Kitchen, Three Bedrooms, Bathroom, Oil fired radiator heating, Front and Rear Gardens, Driveway and Garage.

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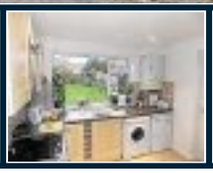
NEW

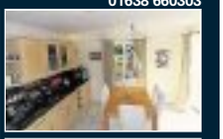


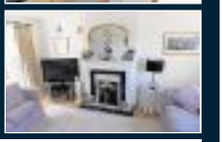
Fordham **£239,995**

A recently refurbished two bedroom semi detached bungalow situated within a quiet cul de sac in the popular village of Fordham. The property benefits from new carpets throughout along with a new shower room. There is a large enclosed garden to the rear and viewing is essential to appreciate this bungalow....

01638 660303

VIEWING ESSENTIAL





Newmarket **£369,995**

An individual four storey detached town house in a much sought after location close to the railway station and town centre offering versatile accommodation. The property has been updated and decorated within recent times and viewing is essential to fully appreciate the full potential this home has to offer. EPC D

01638 660303

Recent

Newmarket **£145,000**

A unique opportunity to purchase a two bedroom older style terrace home close to the centre of Newmarket within a traffic free location. The property benefits from gas radiator heating and enclosed courtyard garden. Offered with no upward chain an internal inspection is highly recommended....

01638 660303

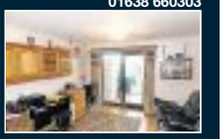
SOLD

Soham **£110,000**

An attractive and spacious double bedroom ground floor Victorian flat conversion close to the centre of Soham. Communal entrance hall, spacious living room, kitchen, double bedroom, bathroom, and parking space. EPC D

01638 660303

RECENT

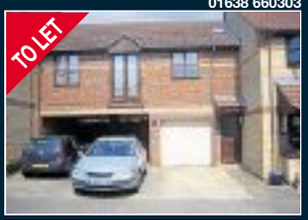


Chippeham **£155,000**

A two bedroom semi detached modern home situated within a quiet cul de sac in the village of Chippenham with views over open farmland to the rear. The property benefits from a conservatory, single garage and has no upward chain. EPC D

01638 660303

TO LET

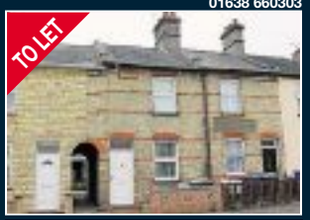


SOHAM **£580**

One bedroom first floor flat with garage and garden. The property benefits from gas central heating and the accommodation comprises kitchen, spacious lounge, bedroom with useful dressing room off and bathroom. EPC D

01638 660303

TO LET



Newmarket **£595**

An Edwardian two bedroom terrace home close to the town and all facilities. With an EPC D rating this property has a Sitting room, Kitchen/Breakfast, One double and one single bedroom. There is also an enclosed garden and outbuilding....

01638 660303

TO LET

Ely **£1,250**

3 storey town house located close to the City centre. 4 double bedrooms including one with en sute & dressing room, family bathroom, spacious living room, well equipped kitchen/dining room. EPC E

01638 660303

TO LET

Burwell **£900**

A recently redecorated and updated three bedroom detached bungalow in this popular village location. Off road parking, New Carpets, Shower room and small garden.

DAVID BURR

OUSDEN

Newmarket 8 miles - Bury St Edmunds 10 miles

A delightful 4 bedroom farm cottage originally dating back to the 18th Century. The property offers period character features and contemporary style. Sitting room, kitchen/day room, utility room, 4 bedrooms, (1 en-suite), bathroom, wet room. Parking and gardens.

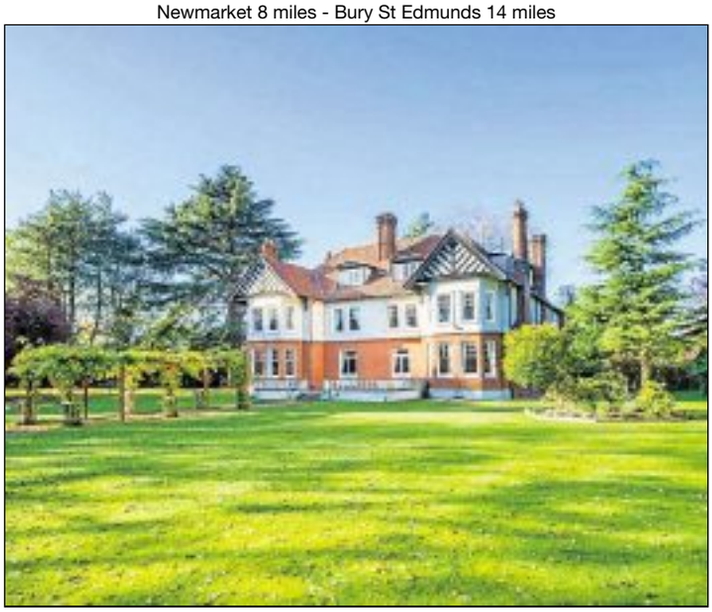
In all about 1.4 acres.

EPC Rating: C

Guide £750,000

BARTON MILLS

Newmarket 8 miles - Bury St Edmunds 14 miles



A stunning circa 8,200 sq ft Edwardian residence set in secluded and attractive grounds close to excellent transport links. Elegant entrance hall, drawing room, sitting room, dining room, playroom, study, kitchen/breakfast room, gym/games room. Master bedroom, 8 further bedrooms and 4 bathrooms (1 en-suite).

In all about 2.4 acres

EPC Rating: F

Guide £1,195,000

BURROUGH GREEN

Newmarket 5 miles - Bury St Edmunds 20 miles

A substantial detached property. Sitting room, dining room, conservatory, snug, kitchen /breakfast room, cloakroom, 4 bedrooms (1 en-suite) and bathroom. Garage and garden.

EPC Rating: D

Guide £550,000

LIDGATE

Newmarket 7 miles - Bury St Edmunds 13 miles

A substantial 2,120 sq ft Grade II Listed cottage. Sitting room, kitchen/breakfast room, dining room, utility room, cloakroom, 4 bedrooms (1 en-suite) and bathroom. Single storey barn.

In all about 0.48 of an acre.

Guide £635,000

NEWMARKET

Bury St Edmunds 15 miles

A spacious top floor apartment enjoying views over The Warren Hill Training Gallops. Sitting/dining room, kitchen, 2 bedrooms (1 en-suite), and shower room. 2 allocated parking spaces.

EPC Rating: C

Guide £349,950

HERRINGSWELL

Newmarket 7 miles

A stunning single storey detached property situated within the gated grounds of Herringswell Manor. Sitting/dining room, kitchen, 3 bedrooms (1 en-suite) and shower room. Parking and garden.

EPC Rating: D

Guide £359,500

CHEVELEY

Bury St Edmunds 15 miles

A detached bungalow in a private and secluded sought after location. Sitting room, kitchen/breakfast room, utility, 4 bedrooms, shower room and bathroom. Double garage and gardens.

EPC Rating: D

Guide £400,000

ASHLEY

Newmarket 4 miles

A charming link detached Grade II Listed barn conversion with double cart lodge in a popular village location. Sitting room, dining room, kitchen, cloakroom, 4 bedrooms, (1 en-suite) and bathroom.

Guide £449,995

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Cover**PROPERTY**

Charming 19th century cottage

Ousden: £565,000

- The Mouse House
- Grade II listed
- Two bedrooms
- With guest cottage
- Landscaped grounds

THE Mouse House is a delightful 19th century Grade II listed two bedroom thatched cottage in Ousden, now on the market for £565,000. It has entrance and reception halls, a sitting room with exposed beams and timbers and a fireplace, a kitchen, dining room and conservatory, and a ground floor bathroom and bedroom. Upstairs the master bedroom has an en suite cloakroom. There is also a guest cottage which has an entrance hall, bedroom and en suite bathroom. Outside there is driveway parking to the front of the property and attractively-landscaped grounds mostly laid to lawn with a variety of plants and shrubs, a paved terrace and storage sheds. For more details contact Cheffins on (01638) 663228.

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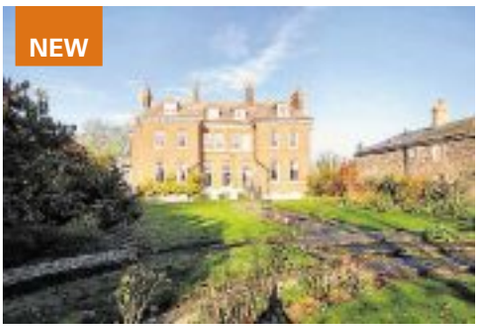
01638 663228 **cheffins.co.uk** UNRIVALLED COVERAGE AROUND NEWMARKET



Newmarket £195,000

An 2 bedroom first floor apartment forming part of a substantial period property, attractively situated in walled gardens in a well regarded south of town location. The property features a sitting room with high ceilings and sash windows and gas central heating. Further benefits include a garage and delightful established communal gardens. No chain. EPC: D.

Stetchworth £275,000

A 2 bedroom semi-detached house forming part of an exclusive development, close to the centre of the village. The property has been finished to a high specification and includes a quality fitted kitchen, a ground floor cloakroom and master bedroom with en-suite shower room. RARELY AVAILABLE. EARLY VIEWING RECOMMENDED. EPC: C.

Isleham £245,000

An extended 3-4 bedroom detached bungalow situated in an attractive and well regarded non estate location. The property features a large open plan sitting/ dining room, a shower room and separate bathroom, sealed unit double glazed windows and doors. Further features include gas central heating, an enclosed garden, a garage and NO CHAIN. EPC: D.

Newmarket £500,000

A 5 bedroom Edwardian town house attractively situated in a south town location with far reaching views from the 2nd floor. This period character property features a large open plan living room, a superb 1st floor master bedroom and 4 further double bedrooms. Additional benefits are an attractive walled garden and an adjoining garage. EPC: E.

Ousden £565,000

A delightful 19th Century Grade II listed thatched cottage standing in a superb elevated position with far reaching country views. The flexible accommodation retains much charm and character and includes a separate guest cottage with en-suite facilities. RARELY AVAILABLE - NO CHAIN.

Dalham £445,000

Ford Cottage is a delightful Grade II listed detached 4 bedroom cottage situated in the heart of Dalham. The cottage offers period features with 2 staircases leading to 4 independently accessed bedrooms, an oak beamed sitting room with Inglenook fireplace and an open plan fitted kitchen and dining room. Viewing strongly recommended.

Isleham £415,000

A 4 bedroom detached chalet style property standing in a well regarded non estate location. The property offers a sitting room & 2 conservatories, a well equipped fitted kitchen/breakfast room & a ground floor bedroom with en-suite shower room. Further features include master bedroom with en-suite shower room, a dining room & utility room, double garage & gardens to the side & rear.

Fordham £485,000

A 4 bedroom detached house standing in a sought after location within this well regarded village. The accommodation includes 3 reception rooms, a quality fitted kitchen, conservatory & master bedroom with en-suite bathroom. The secluded rear garden is well maintained & to the front a sweeping gravel drive leads to a double garage with remote doors. EPC: D.

Snailwell Offers over £450,000

An individual 4 bedroom detached house standing within about 1 acre with frontage to the river Snail. Accommodation includes 3 reception rooms, ground floor cloakroom, ensuite shower room & bathroom with jacuzzi & separate shower cubicle. There is also a separate two storey self contained office with central heating & cloakroom facilities. NO CHAIN. EPC C.

RICS NAEA ARLA

CAMBRIDGE ELY HAVERHILL **NEWMARKET** SAFFRON WALDEN ST IVES LONDON

Cheffins

Swaffham Bulbeck £530,000

A beautifully presented 4 bedroom detached house standing in a highly regarded, non estate position with open country views. The property has recently undergone an extensive programme of improvements and includes an oak fitted kitchen with built in appliances, a modern bathroom suite with separate shower cubicle and landscape garden with raised timber deck. EARLY VIEWING RECOMMENDED. EPC: D.

Carlton £485,000

A charming 4 bedroom detached timber framed cottage standing within secluded landscaped gardens. The accommodation is beautifully presented and retains many period features including exposed timbers and 2 Inglenook fireplaces. RARELY AVAILABLE - EARLY VIEWING RECOMMENDED. EPC: D.

Newmarket £390,000

A charming semi-detached period cottage standing in an idyllic location at the end of a no-through country lane with far reaching views over open countryside. Extensive accommodation includes 3 reception rooms, 4 bedrooms, 4 ensuite shower/ bathrooms and enclosed rear garden. RARELY AVAILABLE. EARLY VIEWING RECOMMENDED. EPC: Pending.

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Cambridge Volvo wants roads to be safer this winter

WITH the Met Office predicting stronger winds and heavier rainfall than usual over their three-month forecast, Newmarket Road-based Volvo dealership Marshall Cambridge is offering advice to local Cambridge motorists to encourage safer driving in cold and wet conditions when making any trips this autumn.

Britain's roads become dramatically different to drive on during the darker hours and with changeable weather conditions common in UK climates, drivers need to plan and prepare before undertaking any journey, no matter how brief.

"Making sure everything is functioning as it should before you set off is incredibly important, and knowing a few pointers can lead to a much smoother and less stressful journey", comments Martin Bryan at Marshall Cambridge. "In cold, wet and dark conditions, clear visibility and vision is paramount. At our dealership, we advise all of our customers to undertake these preparations" adds Bryan.

■ Over time, your headlights can cloud over due to the dirt and debris they come in contact with. Ensuring you wipe down all of the lenses around the vehicle will keep them clean; making sure your lights can shine at their fullest capacity. Some soapy water will wash away any dirt or marks that have built up or keep a pack of baby wipes in your car in case of build up whilst you're out driving in adverse conditions.

■ The same goes for the vehicles windscreen, clean it both inside and out to improve visibility, especially when there is glare from the winter sun. n Wiper blades are essential when driving in the rain and for clearing away any dirt from windscreens; if these aren't functioning properly a driver's vision will be seriously compromised. Check the rubber is still intact with the plastic framing of the blade and they are effectively clearing the windscreen – replacing them if necessary.

■ When temperatures start to drop outside, some of the liquid components in a vehicle will too. Likewise to antifreeze in your engine coolant, investing in a couple of pounds to treat windscreen washer fluid with a suitable additive will also reduce to chance of it freezing. However, using normal engine antifreeze can damage paintwork so don't be tempted to mix this your washer fluid.

■ Dark mornings and evenings means it can be difficult to check your tyres so complete this task during daylight hours and make sure they are in a safe condition. For wet and wintery conditions, it's recommended that there is at least 3mm of tread but nothing under 2mm as this can seriously reduce handling and stability.

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2010 (60) **RENAULT SCENIC** i-music VVT. 1600cc petrol, 36,000 miles, full history, a/c £6,695
2012 (12) **CITROEN C1 VTR** 3 dr, hatch, Botticelli blue, air con, FREE road tax, 16,000 miles, full history £5,995
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2012 (12) **CITROEN C1 VTR** 3 DR, hatch, Electra blue, air con, FREE road tax, 18,000 miles, full history £5,895
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2010 (60) **CITROEN C1 VTR** 5dr, white, 35,000 miles, air con, £20 a year road fund, 64MPG £4,995
2006 (06) **VOLKSWAGEN GOLF PLUS SE** tdi, 1900cc diesel, 75,000 miles, full history, air con, alloys £4,495
2009 (09) **VAUXHALL CORSA 16v** active, 5dr, 1200cc petrol, full history, air con £4,295
2008 (08) **VAUXHALL ASTRA ESTATE, 1.3 DIESEL LIFE,** 77000 miles £4,295
2008 (58) **VAUXHALL ASTRA ESTATE, 1248cc,** diesel, 60,000 miles, full history, star silver £4,295
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TOP OF THE WORLD: The new Ford Mustang

Ford's latest Mustang sallies forth

BOSSES of the Ford motor company could be forgiven for having that top-of-the-world feeling this week.

They have been able to show off their new yellow-coloured Mustang model – on the 112th floor of the world's tallest building, the Burj Khalifa in Dubai.

A team of six engineers travelled with the special Mustang from Ford's world headquarters in Dearborn, Michigan, in the United States, to Dubai aboard an Emirates Airlines flight.

Once the car arrived in Dubai, it was transported to the base of Burj Khalifa and carefully separated into six sections that could be transported to the 112th level via the building's lifts. The team re-assembled the vehicle over approximately 12 hours.

The re-assembling was complete when Ford executive chairman Bill Ford placed the pony badge on the Mustang on the 112th floor.

At the ceremony in Dubai Mr Ford recalled how, in 1965, the company had placed a 1965 Mustang Convertible atop what was then the world's tallest building – the Empire State Building in New York.

drive

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Hydrogen first for Toyota Mirai

THERE will only be a few hundred and they will not be cheap, but Japanese car giant Toyota is about to take its first small step into the unproven market for emissions-free, hydrogen-powered vehicles, *writes Matt Joy or PA News*.

The world's largest car maker will begin selling fuel cell cars in Japan on December 15 and in the US and Europe in mid-2015. The sporty-looking, four-door Toyota Mirai will sell for 6.7 million yen (£36,700) before tax. Toyota hopes to sell 400 in Japan and 300 in the rest of the world in the first year.

"In time, the fuel cell vehicle will become mainstream. We wanted to take the first step," said Mitsuhisa Kato, a Toyota executive vice president, at the vehicle's launch. "We want to be at the leading edge."

Fuel cell vehicles run on compressed hydrogen gas, which in the Mirai's case is stored in two tanks mounted underneath the vehicle. They emit no exhaust, though fossil fuels are used in the production of hydrogen, and to pressurise it.

Both Honda and Hyundai are also experimenting with limited sales and leases of fuel cell cars. Honda showed a fuel cell concept car yesterday.

Besides the relatively high cost, buyers will have to contend with finding fuel. Only a few dozen hydrogen filling stations have been built worldwide, though governments are subsidising the construction of more.

It is an uncertain future that both depends on whether makers can bring down the price, and whether a wide-enough network of filling stations will be built.

Yoshikazu Tanaka, deputy chief engineer for Toyota's next-generation vehicle development, said he expects it will take 10-20 years for the Mirai to reach sales in the tens of thousands of vehicles a year.

Asked if it was a risk, he agreed, but Toyota views it as a challenge. Likening it to a chicken and egg situation, he said if you say it is too risky and do not move forward with production, the number of filling stations will never grow. Toyota faced a similar scenario with its Prius petrol-electric hybrid, which now sells in big numbers.

"It was a big challenge when we first introduced the Prius, or hybrid car, in 1997," Tanaka said. "And it's an even bigger challenge this time because there is no infrastructure, and we're trying to lead the commercialisation of fuel cell cars."

Hoping to offset the inconvenience of finding fuel, Toyota gave the car a futuristic look inside and out (Mirai means future in Japanese) and made it peppy to try to attract buyers. It accelerates particularly quickly from about 25 to 45mph, Tanaka added.

The Japanese government also plans to offer a two million yen subsidy to buyers of fuel cell cars, reducing the effective price to 4.7 million yen (£25,700).

Sales will be limited to the primarily urban areas that have fuelling stations. In Japan, with about 30 stations, that means the regions around Tokyo, Osaka and Nagoya cities in central and western Japan and the northern part of Kyushu island in the south.

A few stations have opened in California in the United States, and there are plans to build some in the Northeast. Germany and the United Kingdom are among European countries that have or plan to build them.

The company has about 200 pre-orders for the vehicle, mainly government agencies and companies that want to go green, the company said. Over time, Kato said, Toyota hopes to help build a "hydrogen society".

The Mirai can travel 400-435 miles on its two tanks of hydrogen. Hydrogen may be more expensive than petrol initially, because there are so few customers but, over time, Toyota expects it will be cheaper to run a car on hydrogen.

"To rely less on oil is very important," said Kato. "Japan has to spend its money to import fuel, so we should use it as carefully as possible."

HYDROGEN: The Toyota Mirai

New Hyundai i20 from £10,695

HYUNDAI has revealed pricing and specification details for its new generation i20. Designed, engineered and built in Europe, the i20 range will be priced from £10,695 when it hits the showrooms in January.

Available in five trim levels, the entry-level S boasts electric front windows, remote central locking, six airbags, tinted windows and RDS radio with USB connectivity.

Further up the range Hyundai has included air conditioning, cruise control, Bluetooth, parking sensors, auto headlights and wipers plus heated front seats and steering wheel and opening panoramic glass sunroof. The flagship Premium SE model tops out at £16,725.

Power comes from 1.2 and 1.4-litre petrol engines plus 1.1 and 1.4-litre diesel units, with the former offered in tax-busting 84g/km CO2 guise.

READY TO ROLL: New Hyundai i20

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General Vacancies

UNIVERSITY OF CAMBRIDGE

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Closing date: 5 December 2014 **Interview date: w/c 15 December 2014** **Start date: From January 2015**

Media Technician (full time) SK04785

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For more detailed information please click on the 'further information' link below.

Closing date: 5 December 2014 **Interview date: w/c 15 December 2014** **Start date: From January 2015**

IT Technician (full time) SK04778

£21,391 pa - £24,775 pa

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A working knowledge of IT network infrastructures using Mac OS and Windows is essential. Previous experience of using Linux is desirable. Good interpersonal skills (verbal and written) are required as you will be communicating and supporting technical/non-technical users on a daily basis. Applicants must be able and willing to lift heavy equipment and perform other physical duties associated with the role.

Closing date: 5 December 2014 **Interview date: w/c 15 December 2014** **Start date: Immediately**

More detailed information about each role can be found by clicking on the relevant 'further information' link.

These positions are available for 3 years with the possibility of extension. Starting salaries are based on qualifications and relevant experience.

Successful candidates are required to undergo a health assessment and security screening.

Please quote the appropriate 'SK' reference on your application and in any correspondence about these vacancies.

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Both of the above positions will require occasional travel where expenses will be paid. A full driving licence and access to a car are essential.

If you are interested in applying for either of these exciting opportunities please email your CV and a covering letter with details of your current salary and package to melissa.brown@compass-group.co.uk

Closing date for applications is Friday 5th December 2014.

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General Vacancies

Kennett Primary School
Successful Learning for Every Child

KENNETT PRIMARY SCHOOL

Kennett Primary is a small village school where the children are at the heart of what we do. We strive to make their primary education experiences some of the best times of their lives and provide them with opportunities that will create valuable memories that they will look back on in years to come.

We are looking for professional and enthusiastic individuals to join the team in the following roles:

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2 hours per week, term time only

Salary £2,422 - £4,124

(Dependent upon qualifications, skills and experience)

Kennett Primary School is looking to appoint a Music Teacher who will strive to achieve the highest possible standards of education for our KS2 pupils in music. We are looking for someone who is enthusiastic about music and can use this enthusiasm to inspire our children, staff and parents.

You will be able to organise successfully the curriculum for a class of pupils of mixed abilities, aptitudes and educational needs through effective planning, preparation, monitoring and assessment.

Teaching Assistant, Level 1B - Temporary contract
8 hours and 30 minutes per week, term time only

Salary £3,228 - £3,384

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This role entails working with the younger pupils in our school, supporting the teacher and guiding pupils' learning. Working with a small group you will be expected to show high expectations and promote good learning skills through positive reinforcement.

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18 hours and 15 minutes per week, term time only

Salary £7,398 - £7,918

(Dependent upon qualifications, skills and experience)

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In all of these roles you will ensure the safety and wellbeing of children at all times, supporting the school's policy for promoting positive behaviour.

For further information and an application pack, please visit the School website **www.kennett.sohamvc.org** under Kennett/vacancies. We are unable to accept CVs. Completed applications should be returned to **Human Resources at recruitment@soham-college.org.uk**

Closing date for applications is midday, **Monday 15 December 2014.**

Interviews are likely to be held January 2015.

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Staploe Education Trust. Executive Headteacher Dr Carin Taylor

Schools in our Trust: Soham Village College; Kennett Primary School; The Shade Primary School

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Widening Participation Officer

NHS
Health Education East of England

Salary Band 5 £21,478- £27,901 per annum pro rata
0.8 FTE - 30 hours/4 days per week
Fixed term for 18 months

Closing Date: 30th December 2014

Interview Date: 12/13th January 2015

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You will act as the first point of contact to provide expert advice and guidance for those wishing to participate in these schemes. You will be the key person within an organisation who will engage with its managers and with external partners such as local colleges, Job Centre Plus and The Princes Trust.

The post will also provide support to apprentices and external stakeholders within the work place with an aim to maintain success rates and endeavour to maximise employability at the end of apprenticeship programmes.

You will work closely with the project manager at Health Education East of England who will provide a clear direction of the schemes and assist in performance management for the project.

You will be educated to degree level in relevant subject or equivalent level of experience of working at a similar level in specialist area. You will have experience in pre-employment programmes, successful engagement activities, and supporting staff through learning and development opportunities.

Candidates for interview will be contacted week commencing 5th January 2015.

If you would like to discuss this opportunity please contact Colin Long, Health Education East of England on **01223 596966** or **colinlong@nhs.net.**

To apply, search 'Widening Participation Officer' on **www.jobs.nhs.uk.** Please make your application to the organisation where you would prefer to be based.

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General Vacancies

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The successful candidate will be enthusiastic, highly organised, have excellent customer service skills, and provide flexible support to our residents.

We are looking for someone that can work unsupervised at two schemes using their own initiative whilst adopting a positive and solution focused service for our residents.

They will also spend time with housing team so will need exemplary general administrative skills to provide the support required by our hardworking and friendly team.

If you can demonstrate all of this and have the drive and enthusiasm to help us achieve our ambitions and aspirations for the future we'd love to hear from you.

For an application pack and further information please check the jobs pages on our website at www.hhs.org.uk

Applications must be returned by noon on 15th December 2014

Interviews are likely to take place in Cambridge on 9th January 2015

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An application pack is available from our website or by email from the Principal's PA, Mrs Louise Rogers, at (lrogers@sawstonvc.org). Applications must be submitted on the College's application form. CVs will not be accepted. Closing date: Monday 15 December at noon. Interviews: Tuesday 13 January 2015.

Sawston Village College is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. Appointments will be subject to satisfactory references and an enhanced DBS check.

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Round-up

Athletics

Take up running with Joggers

NEWMARKET Joggers are running a 10-week beginners' group at the start of the new year.

The programme begins on Monday, January 12 at Newmarket Leisure Centre at 6.30pm. It costs £40 and includes a technical T-shirt and one year's membership to Newmarket Joggers.

All that is needed is a desire to start running and comfortable clothing.

The course, which is open to over 18s, is aimed at helping new runners take up the sport and encourage those who no longer run to get back involved.

For more information, email greg@newmarketjoggers.co.uk or debbie@newmarketjoggers.co.uk.

Football

Ford on target in Fordham win

FORDHAM came out on top 2-0 in a hard-fought match on a difficult and heavy pitch at Mepal in NMC League, Division 2B.

The deadlock was not broken until the 67th, when Adam Cummings' free kick found Graham Ford to set up Vinnie Long to finish, and Ford bagged the second.

Fordham reserves drew 2-2 at home to Lakenheath Casuals reserves in 5A with goals from Kev Buckett and Luke Schunmann.

Swimming

Winter runner-up in backstroke

PETER Winter earned silver in the 100m backstroke in the S10 19-plus age group at the British Gas Open Disability Short Course Championships.

Representing Newmarket, Winter also finished fourth in both the 50m and 100m freestyle.

For more sports news visit cambridge-news.co.uk/sport

Racing

Moore hoping to go Sky high in the Vase

RYAN Moore will bid to end an amazingly-successful year on a high when he partners Snow Sky in the Hong Kong Vase on Sunday week.

Victory in the Sha Tin Group One on the Sir Michael Stoute-trained three-year-old, would give Moore his 16th win at the highest level in 2014.

The day before the track's big international meeting, Moore will receive the Longines world's best jockey award at a gala dinner.

Moore's Group One triumphs have come in seven countries and four continents.

"The only job I care about – and should care about – is the one I do for my owners and trainers," said Moore.

He was, however, out of luck when only fourth when attempting back-to-back victories on Gentildonna in the Japan Cup on Sunday.

"It has been great to be associated with her last year in Japan and in Dubai," said Moore.

"She tried hard, as she always does, but maybe the race was not run to suit her, and the ground was a little looser than ideal.

"They went hard from a long way out, it was a grind rather than a sprint, but take nothing away from the winner, he was impressive."

Moore is looking forward to the Longines International Jockeys' Challenge at Happy Valley on Wednesday week.

"It's always a great evening, and one that I look forward to. Happy Valley is unique as a place to ride at, and you are riding against the top jockeys," he said.

"You need luck in the horses that you draw and in the gate that you draw, but it's a great test of skill riding there too."

NEW PARTNER: Snow Sky will be partnered by Ryan Moore in Hong Kong

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Football: Thurlow Nunn League

Greygoose reign starts with defeat

DEAN Greygoose's first game in charge of Mildenhall ended with a narrow defeat in the derby with Thetford Town.

Greygoose has taken over as interim manager following Christian Appleford's decision to step down after four-and-a-half years in charge.

Last Saturday's Thurlow Nunn League, Premier Division game was his first chance to see the team in action, but it ended with Mildenhall suffering a 2-1 home defeat to Thetford.

Dave Cooper put the hosts ahead, only for Thetford to fight back and deny them anything from the game.

Greygoose is familiar with Mildenhall, having come up against them several times while in charge of Premier Division rivals Haverhill Rovers, who he was sacked by earlier this season.

But not only does the 49-year-old know the club from the matches against them, but also many of the players and Mildenhall director of football Alan Alsop, who he was assistant to at Ely.

"It's a bit of a role reversal for me and Alan, but we worked well together at Ely and I'm looking forward to working with him again," said Greygoose.

"I know most of the players – in fact, I've tried to sign a few of them in the past!

"I think I also played with James Paterson at Bury in my last season before I retired.

"It's a club where there is a lot of potential and you can go places with them.

"Mildenhall have been unlucky with injuries and have got a good squad, so hopefully we can get back to winning matches."

Greygoose's appointment is until the end of the season, when he and the club will review how it is working out for both parties.

But he hopes it will prove to be a long-term role, following the disappointment of leaving Haverhill after only 14 months.

Greygoose does not envisage making sweeping changes, hoping both Alsop and coach Derrick Weyand will remain on board.

He has made one new appointment to the back-room staff though, with son Sean again coming in to serve as his assistant.

"He's been a pain since we got sacked by Haverhill," joked Greygoose.

"He's been ringing me up every day asking 'have you got a new job, dad? Where are we going next?'.

"He's a lot like me. He just loves football and I hope he can go on to be a good manager one day."

Last weekend's defeat saw Mildenhall slip to 15th in the Premier Division standings.

They return to action this Saturday when they travel to mid-table Ipswich Wanderers.

Kevin Grainger remained positive despite **Newmarket** suffering a narrow 2-1 defeat away to Thurlow Nunn League, Premier Division leaders Norwich United.

The Jockeys were hit twice on the counter-attack and were unable to grab an equaliser after Lee Clift had got them back in the game from the penalty spot.

"It was a really good game," said Grainger.

"Both sides looked like they'd be comfortable in the league above.

"They just about had the attacking edge and they managed to out-do us in that area on the day."

The Jockeys stayed third in the table, although fourth-placed Stanway Rovers have two games in hand.

Newmarket host Walsham-Le-Willows this Saturday.

NEW APPOINTMENT: Dean Greygoose has taken over as Mildenhall manager

Hockey

Keates opens the scoring as ladies prevail

NEWMARKET ladies produced a 2-0 win at home to Yarmouth in East Women's League, Division 2NE.

Donna Keates scored the first goal of the game, picking up and finishing off the rebound after Denise Wagner had had a shot saved by the goalkeeper.

The hosts were able to keep on top throughout the first half, with Claire McDonnell having many promising shots on goal.

After the break, Newmarket got into trouble for continuously not giving Yarmouth five yards on free hits, resulting in a green card for forward Di Thomas and a yellow card for midfielder Kerry Alderson.

However, Newmarket doubled their lead courtesy of McDonnell, with an assist from Wagner.

They did a great job of maintaining smooth passes and working to block free hits from Yarmouth to ensure the visitors could not get back into the game.

Meanwhile, Newmarket men's II went down 7-3 at home to table-topping Felixstowe II in East Men's League, Division 4NE.

With Chris Evans, Will Hosegood and Matt Holden all missing it was always going to take something special to get anything out of the game.

The hosts started brightly and took the lead when Lee Blades bundled home following good work from Alex Andreou, but the goal seemed to spark Felixstowe into life as they led 5-1 at half time.

After encouraging words from coach Nick Thorpe at half time, Simon Harrington drilled a short ball to captain Drew Wood to deflect home, only for Felixstowe to restore their four-goal lead.

Harrington smashed home a penalty stroke after Wood was hauled down to keep Newmarket in the game.

But the visitors added another before the final whistle.

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